



Canada West Mountain School

www.themountainschool.com

info@themountainschool.com • 888-892-2266

EQUIPMENT LIST FOR SCRAMBLING COURSES

This list will help you prepare for your course, please contact the Canada West Mountain School office if you have any questions. Course will be conducted in most weather, so prepare for any conditions!

Personal Equipment (required minimum gear)

- Footwear:** backpacking or mountaineering boots. Travel is off-trail on snow, mud, scree and possibly ice
- Backpack:** sized to hold all your gear/food, plus climbing ropes and equipment
- Daypack:** optional, you can use your regular backpack. Daypack should be lightweight and min. 30 liters
- Outer layer jacket:** waterproof/breathable shell with hood (Gore-tex, etc.). Non-insulated is best
- Outer layer pants:** lightweight rain pants, Gore-Tex style. Full zips are ideal for venting
- Personal clothing layers:** Below is a suggested guideline, personal preference will affect choices.
 - mid-weight climbing/hiking pants
 - base layers as needed for weather conditions
 - lightweight sweater/mid layer for top
 - Insulated jacket/sweater/softshell puffy, ideally with a hood. Synthetic or down filled.
 - extra pair socks & underwear
- Gloves:** mid-weight or heavier gloves, ideally with leather-style palms for better grip on rope and ice ax
- Gaitors:** ensure they fit over your boots. Optional but nice to keep rocks, debris and snow out of boots.
- Toque/warm hat:** wool or synthetic insulating hat
- Hat with sun visor:** baseball cap, etc.
- Sunglasses:** 100% UV blockage and ideally provide full protection with wrap-around style
- Headlamp:** small size with extra batteries
- Water bottle/hydration system:** 1 litre minimum, 2 litres is ideal
- Map & Compass:** pack maps in waterproof bag. Optional, your instructor will have one to review
- Knife:** small folding style knife or multi-tool
- Sunscreen:** minimum recommended is 30 SPF
- Insect repellent:** keep separately in a Ziploc bag as it will damage ropes and synthetic materials
- Personal 1st aid:** small kit with basics, personal needs, etc. Instructors will have group 1st Aid Kits
- Misc. personal items:** camera, journal, sit pad/collapsible chair, etc.

Camping Equipment (consider sharing tent, stove, etc to save on weight)

- Sleeping system:** Synthetic or down bag and sleeping pad
- Tent or shelter:** lightweight 2-3 season tent (consider rain, wind and bugs)
- Stove and eating utensils:** consider appropriate amount of fuel; cook pot; cup/bowl; and spoon/fork
- Food as required:** 1 dinner; hot drinks; 1 quick breakfast; 2 lunches; snacks. Storage bag to hang food.

Minimum Technical Equipment (* starred items included if requested with minimum 24 hrs notice)

- * **Climbing harness:** standard CE approved climbing harness
- * **Helmet:** standard CE approved climbing helmet
- * **3 locking carabiners:** screw gate or auto locking carabiners
- * **1 belay/rappel device:** suitable for belaying and for rappelling on 2 ropes (no Grigri style devices)
- * **1x 120+ cm sewn sling:** double shoulder length sling
- * **6 or 7mm Cordalettes (1 x 1.5 meters):** rappel prussik
- * **Ice Ax:** 50 to 60 cm preferred
- Crampons:** proper mountaineering crampons, steel or aluminum (not micro spikes for hiking)

All other technical equipment will be supplied by CWMS

- Ropes, anchor materials, etc.