



Canada West Mountain School - www.themountainschool.com

EQUIPMENT LIST FOR ROCK CLIMBING PROGRAMS

This is a list of minimum equipment required on CWMS Rock Programs. Please check the weather forecast for Squamish before your climbing day at: www.weather.gc.ca/city/pages/bc-50_metric_e.html

Personal equipment and clothing:

- Footwear: lightweight hiking shoes/runners for approaches to climbing sites. Avoid using sandals.
- Daypack: big enough to hold all your gear and food, plus group gear (climbing ropes, equipment, etc.)
- Outer layer rain jacket: Gore-Tex style, good to have most days as weather can change.
- Comfortable clothing: activewear clothing suitable for climbing outdoors in all weather conditions
- Sunglasses
- Fleece jacket or sweater: even in the summer it can be cool and damp in shady areas or in the wind
- 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. Instructors will carry full group 1st Aid Kits
- Misc. personal items: camera, journal, sit pad/collapsible chair, etc.
- Drink bottles: minimum 1 litre or more, no water is available in the climbing areas
- Lunch & snacks: you will not be able to return to your vehicle or a restaurant for lunch.

Technical equipment: (Canada West Mountain School will supply only if requested in advance)

- Climbing harness - CE approved seat harness only
- Helmet - CE approved climbing helmet
- Rock climbing shoes
- 2 locking carabiners
- 1 belay device
- 120 cm sewn climbing sling; or, pre-made safety tether/leash/PAS

All other technical equipment will be supplied by CWMS:

- Ropes, anchor material, climbing rack, hardware, etc.

Please go over this list before the course to ensure that you are properly prepared. Contact our office if you have any questions, and we can suggest places for you to purchase or rent if needed. Keep in mind that you will be spending all your time outdoors and that the weather can vary from one extreme to the other.

Squamish Rock programs will be conducted in most weather conditions, so prepare for every option!