



Canada West Mountain School - [www.themountainschool.com](http://www.themountainschool.com)

Whistler Ski Guides - [www.whistlerskiguide.com](http://www.whistlerskiguide.com)

## SKI TOURING - OVERNIGHT EQUIPMENT LIST

### Basic personal equipment

- Skis, boots, poles and climbing skins:** for backcountry touring. AT ski gear; Splitboard; or, Telemark gear are acceptable
- Avalanche Safety Gear:** Transceiver, Shovel and Probe
- Ski crampons:** Must be specific to your skis/binding
- Helmet:** suitable for skiing (helmet use is recommended for all downhill skiing/riding activities).
- Backpack:** An internal frame backpack with a capacity of 60-80 litres will allow you to carry all your gear.
- Daypack:** Optional, for multi day base-camp or hut trips, *not traverses*. Can also use your regular backpack.
- Outerwear jacket:** An outer layer waterproof/breathable shell with hood (Gore-tex, etc.). Non-insulated is best.
- Outerwear pants:** waterproof/breathable shell, **non-insulated**. Full zips are ideal for venting and ease of on/off with boots on
- Personal clothing layers:** layering works well, no cotton. Below is a suggested guideline, personal preference will affect choices.
  - *Base layer for top and bottom (1 each)*
  - *mid-weight softshell climbing pants (Arcteryx Gamma, MEC Ferrata, etc)*
  - *mid or heavy-weight sweater/mid layer for top*
  - *Softshell windstopper style jacket (Arcteryx Gamma MX, etc)*
  - *Insulated puffy jacket with hood; synthetic or down fill. Weight depends on temperatures and weather conditions*
  - *2 pairs socks & 2 pairs underwear*
- Gloves:** warm mountaineering or ski gloves with removable liners. Bring 1pair, plus 1 pair extra liners, or 2 pair of gloves.
- Toque/warm hat:** wool or fleece
- Hat with sun visor:** baseball cap, etc.
- Sunglasses:** must have 100% UV blockage and ideally provide full protection with wrap-around style, or side shields
- Ski goggles:** required, ensure they fit over your eyewear if you wear glasses.
- Headlamp:** small size with extra batteries
- Water bottle/hydration system:** 1 litre minimum, 2 litres ideal. For hydration/hose systems use insulated hoses to reduce freezing
- Small thermos:** optional, but very nice to have a hot drink during the field days!
- Compass & map:** optional, pack maps in waterproof bag. Contact your Guide/CWMS Office for map # in advance
- Lightweight camp/hut boots:** Optional, but a great added comfort for around hut or camp, after a day in the ski boots
- Knife:** Small folding style knife or multi-tool, a useful all-round item to carry on all trips
- Personal kit:** (sunscreen, toothbrush, toilet paper, foot-care supplies, candles, etc.) Keep kit to a minimum and only essentials
- Note pad and pencil:** optional, bring a waterproof field book.

**Camping Equipment** we encourage participants to share **\*\*starred** items such as tents, stove, food, etc to save on weight

- Sleeping bag:** Synthetic or Down, rated to at least -15 degrees Celsius (unless current conditions require a colder rating)
- Sleeping pad:** Thermo-rest style inflatable, or closed cell foam (Ensolite style) or combo of the 2
- Eating utensils:** cup, bowl, spoon
- \*\* Food as required:** Please consult with your Guide or our office staff in advance if you need assistance in planning
- \*\* 2-3 person winter tents:** as necessary, suitable for winter conditions
- \*\* Gas stoves:** include matches/lighter, basic stove-specific repair items, small platform or base for the stove
- \*\* Cooking sets:** bring pot sizes that are appropriate to the meals and groups size

### Technical Equipment - Only Required on Ski Mountaineering

Please let your Guide/CWMS office know in advance if you require any of the following:

- Ice Axe:** General Mountaineering ax 60-70 cms length
- Climbing seat harness:** CE approved climbing harness
- Carabiners:** 4 locking and 2 non-locking
- Belay device (1):** ideally a device that can be used for descending and belaying such as a Black Diamond "ATC"
- 7mm accessory climbing cord:** 2 x 5 metre length, and 1 x 1.75 metre length; used for rope rescue and personal climbing systems
- Sewn webbing climbing sling (120 cm, full strength of 20+ kN's):** Used for personal climbing systems and anchors

Please discuss this list with your Guide/Instructor, or with our office staff in advance, to make sure you are prepared for the field session. If you **need to purchase or rent equipment**, make sure to contact stores well in advance to ensure that what you require is available!