



Canada West Mountain School - www.themountainschool.com

WINTER CREVASSE RESCUE EQUIPMENT LIST

Basic personal equipment

Both field session on Day-1 and Day-2 will involve prolonged periods of training and practice without much aerobic activity – please ensure you have extra layers to stay warm!

- Skis, boots, poles and climbing skins:** for backcountry touring, AT, Telemark, or Splitboard
- Helmet** suitable for skiing (helmet use is recommended for all downhill skiing activities).
- Ski crampons** Must be specific to your skis/binding (may not be required, *please confirm in advance*)
- Crampons:** General mountaineering crampons (may not be required, *please confirm in advance*)
- Daypack:** A backpack with a capacity of 30-40 litres will allow you to carry all your gear.
- Outerwear jacket:** An outer layer waterproof/breathable shell with hood (Gore-tex, etc.). Non-insulated is best.
- Outerwear pants:** waterproof/breathable shell. 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 or ski touring pants
 - lightweight sweater/mid layer for top
 - Softshell jacket
 - Insulated jacket with hood, synthetic or down. Weight depends on temperatures and weather conditions
- Gloves:** warm mountaineering or ski gloves with removable liners. Bring 1 extra pair of 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:**
- Headlamp:** small size with extra batteries
- Water bottle/hydration system:** 1 litre minimum, 2 litres is 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.* store maps in waterproof bag. Contact your Guide/CWMS Office for map # in advance
- Knife:** Small folding style knife or multi-tool
- Note pad and pencil:** optional
- Avalanche shovel:** (rentals available – contact CWMS for info)
- Avalanche transceiver:** (rentals available – contact CWMS for info)
- Avalanche Probe:** (rentals available – contact CWMS for info)

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

- Ice Axe:** General Mountaineering ax approx. 60-70 cms length
- Climbing seat harness:** CE approved climbing harness
- Climbing Helmets:** CE approved climbing helmet (ski helmet is acceptable for Ski Mountaineering/Crevasse Rescue activities)
- Carabiners:** 4 locking and 3 non-locking
- Belay device (1):** ideally a device that can be used for both descending (rappelling) and belaying such as a Black Diamond "ATC"
- 6 or 7 mm 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

Squamish field day (Day-1)

The technical Rope Systems field day held in Squamish on Day-1 will be outdoors in any/all weather conditions. **All the above gear is required, except for skiing and Avalanche Safety equipment.**

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!