



### OVERNIGHT SKI TOURING EQUIPMENT LIST

#### Basic personal equipment for all trips

- **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 (digital 3-Antenna transceiver required)
- **Ski crampons:** must be specific to your skis/binding (conditions-dependent, please contact office in advance to discuss)
- **Helmet:** suitable for skiing (helmet use is recommended for all downhill skiing 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 1 pair, 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, a great added comfort for around camp after a day in ski boots. Suitable for use in snow.
- **Knife:** small folding style knife or multi-tool, a useful all-round item to carry on all trips
- **Personal kit:** (handwarmers, sunscreen, toothbrush, toilet paper, foot-care supplies, candles, etc.) Bring 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:** Therma-rest style inflatable, or closed cell foam (Ensolite style) or combo of the two
- **Food as required:** please consult with our office staff in advance if you need assistance in planning \*\*
- **Winter tents:** 2 or 3-person size 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 \*\*
- **Eating utensils:** cup, bowl, spoon

#### **Technical Equipment - Only Required on Ski Mountaineering programs.** Let CWMS office know in if you require any of the following:

- **Climbing seat harness:** CE approved climbing harness
- **Carabiners:** 3 locking and 2 non-locking
- **Belay device:** ideally a device that can be used for descending and belaying such as a Black Diamond "ATC" (no Gri-Gri's)
- **6-7mm accessory climbing cord:** 2 x 5-meter length, and 1 x 1.75-meter length; used for rescue & personal climbing systems
- **Sewn webbing climbing sling (120 cm, full strength of 20+ kN's):** used for personal climbing systems and anchors
- **Ice Axe:** General Mountaineering ax 55-60 cms length

#### **If you need to purchase or rent equipment, please contact stores well in advance to ensure that what you require is available:**

**Discuss this list with your instructor or with our office staff in advance to ensure you are prepared for the field session. Remember that this is a list of *minimum* requirements for a comfortable winter overnight trip.**