



### SKI MOUNTAINEERING EQUIPMENT LIST

#### Basic personal equipment

Ski Mountaineering field sessions will involve a combination of both hard physical activity, and 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*)
- Avalanche shovel:** (rentals available – contact CWMS for info)
- Avalanche transceiver:** (rentals available – contact CWMS for info)
- Avalanche Probe:** (rentals available – contact CWMS for info)
- 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:** (optional) baseball cap, etc., useful on sunny days in warm conditions
- Sunglasses:** must have 100% UV blockage and ideally provide full protection with wrap-around style, or side shields
- Ski goggles:** Essential in winter alpine conditions
- Headlamp:** small size with extra batteries
- Water bottle/hydration system:** 1 litre minimum, 2 litres is ideal. Avoid hydration/hose systems to reduce freezing
- Small thermos:** optional, but very nice to have a hot drink during the field days!
- Map or Mapping App for phone:** Contact your Guide/CWMS Office for map # in advance
- Multi-tool/repair kits:** Small multi-tool & basic repair items for bindings, etc.
- Note pad and pencil:** optional

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

- Ice Axe:** General Mountaineering ax approx. 55-70 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

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!