



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

### SUMMER CREVASSE RESCUE COURSE EQUIPMENT LIST

#### Basic equipment for Crevasse Rescue Courses

Training sessions on Day-1 and Day-2 will involve prolonged training and practice without much aerobic activity, including periods of lying in the snow during simulations – please ensure you have extra layers to stay warm and dry!

- ❑ **General mountaineering boots:** waterproof and suitable for travel on snow
- ❑ **Crampons:** preferably flexible, adjusted to your boot (*may not be required*, confirm in advance if needed)
- ❑ **Daypack:** large enough to hold all equipment plus some extra - approx. 30-40 litres for day trips
- ❑ **Outerwear jacket:** waterproof/breathable type mountain shell w/hood (Gore-tex, etc.)
- ❑ **Outerwear pants:** same as above (ones with full zips for venting while going uphill are ideal)
- ❑ **Personal insulating clothing for all weather:** layering works well; cotton is not recommended.
- ❑ **Warm jacket or sweater:** wool or synthetic, no cotton
- ❑ **Gloves:** suitable for working in wet snow (gloves are better than mitts for rope management)
- ❑ **Extra Gloves:** you will be working in wet snow all day, even the best gloves will get very wet
- ❑ **Gaiters:** regular gaiters, or built-in gaiters on your pants, you will be hiking and travelling on snow.
- ❑ **Toque/warm hat:** wool or synthetic hat
- ❑ **Hat with sun visor:** great to have on sunny days on the snow, you will be above treeline in the sun all day
- ❑ **Sunglasses:** 100% UV blockage and good coverage for use on snow in the alpine
- ❑ **Headlamp:** this is a standard safety equipment item; the course is not planning on returning after dark
- ❑ **Water bottle or Thermos:** minimum of 1 litre (thermos/vacuum flask is nice for warm drinks on cold days!)
- ❑ **Lunch:** prepare a lunch that is easy to snack on throughout the day
- ❑ **Sunscreen:** UV damage occurs very quickly in the alpine and on snow, min 30 SPF recommended
- ❑ **Insect repellent:** pack in a ziplock or other bag to isolate from all other safety gear.
- ❑ **Ski goggles:** *optional*, depends on weather conditions in the alpine
- ❑ **Compass:** *optional*, See Compass Essentials - <https://classroom.themountainschool.com/course/compass-use-and-selection>
- ❑ **Note pad and pencil:** *optional*
- ❑ **Avalanche shovel:** *optional*, CWMS will supply each group as needed
- ❑ **Avalanche probe:** *optional*, CWMS will supply each group as needed

#### Technical Equipment (the following is a minimum list, please bring any extra gear that you have as well)

*Please let your Guide/CWMS office know in advance if you require any of the following and we will supply this:*

- ❑ **Ice Axe:** General Mountaineering ax, approx. 60-70 cms length
- ❑ **Climbing seat harness:** CE approved climbing harness
- ❑ **Climbing Helmet:** CE approved climbing helmet (ski helmet is acceptable for Ski Mountaineering/Crevasse Rescue activities)
- ❑ **Carabiners:** 4 locking and 3 non-locking
- ❑ **Belay device:** ideally a device that can be used for both descending (rappelling) and belaying such as a Black Diamond "ATC"
- ❑ **6mm or 7mm accessory climbing cord:** 2 x 5 meter length, and 1 x 1.75 meter length; used for rope rescue and climbing systems
- ❑ **Sewn webbing climbing sling:** 120 cm, full strength of 20+ kN's. Used for personal climbing systems and anchors
  
- ❑ **All technical group safety gear of ropes, pulleys, snow & ice anchors, etc. will be supplied by Canada West Mountain School.**

Here are a few of the stores in the lower mainland region that supply good service and quality outdoor equipment. If you *need to purchase or rent equipment*, please contact the store well in advance of the course to ensure that what you require is available!

- **MEC**, 111 East 2<sup>nd</sup> Ave., Vancouver, 604-872-7858, and at 212 Brooksbank Ave., North Vancouver, 604-990-4417
- **Valhalla Pure**, Station Square, Squamish 604-892-9092 (rentals available)
- **Climb On Equipment**, Squamish 604-892-2243 (rentals available)

If you have any questions about gear for your course, contact our office staff in advance to ensure you are prepared.