



## EQUIPMENT LIST FOR ROCK CLIMBING PROGRAMS

This is a list of the minimum equipment required on CWMS Rock Programs. Please check the weather forecast for Squamish before your climbing day at: [www.weather.gc.ca/city/pages/bc-50\\_metric\\_e.html](http://www.weather.gc.ca/city/pages/bc-50_metric_e.html)

### Personal equipment and clothing:

- Daypack:** big enough to hold all your gear and food, plus group gear (climbing ropes, equipment, etc.)
- Footwear:** lightweight hiking shoes/runners for approaches to climbing sites. Avoid using sandals.
- Outer layer rain jacket:** Gore-Tex style, good to have most days as weather can change.
- Comfortable clothing:** activewear clothing suitable for climbing outdoors in all weather conditions
- Sunglasses:** even on cloudy days it can be very bright!
- Fleece jacket or sweater:** it can be cool and damp in shady areas or in the wind, even on hot sunny days
- Sunscreen:** minimum recommended is 30 SPF
- Insect repellent:** keep separately in a Ziploc bag as it will damage ropes and synthetic materials
- Personal 1st aid:** small kit with basics. Instructors will carry full group 1<sup>st</sup> Aid Kits
- Misc. personal items:** camera, journal, sit pad/collapsible chair, etc.
- Drink bottles:** minimum 1 litre or more, no water is available in the climbing areas
- Lunch & snacks:** you will not be able to return to your vehicle or a restaurant for lunch.

### Technical equipment for all Rock courses: *(CWMS can supply only if requested in advance)*

- Climbing harness – CE approved seat harness only
- Helmet – CE approved climbing helmet
- Rock climbing shoes
- 2 locking carabiners
- 1 belay device
- 120 cm sewn climbing sling; or, pre-made safety tether/leash/PAS

### Students on Sport or Trad Lead courses:

- Please bring any “lead gear” that you have – draws, trad protection, anchor kits, etc. CWMS will supply this gear, but we encourage students to use their own if they have it.

### Canada West Mountain School will supply all other ropes and technical safety equipment

- Ropes, anchor material, climbing rack, hardware, etc.

Please go over this list before the course to ensure that you are properly prepared. Contact our office if you have any questions, and we can suggest places for you to purchase or rent if needed. Keep in mind that you will be spending all your time outdoors and that the weather can vary from one extreme to the other.

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)

**Squamish Rock programs will be conducted in most weather conditions, so prepare for**



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

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**every option!**