



Canada West Mountain School - www.themountainschool.com

PANTHEON BASECAMP SKI TOURING EQUIPMENT LIST

Discuss your gear with our office staff in advance to ensure you are prepared for the trip, we can answer any questions and help you with specific items and model selections. Anticipate overnight temperatures in the -15 to -25 Celsius range, with daytime highs possibly to 0 degrees or warmer in the sun.

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
- **Helmet:** suitable for skiing (helmet use is recommended for all downhill skiing activities).
- **Daypack:** An internal frame backpack with a capacity of 35-40 litres will allow you to carry all your gear each day.
- **Duffel bag:** To carry and store your personal kit and sleeping systems into the base camp. Can also be a large capacity 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/touring pants (Arcteryx Gamma, MEC Ferrata, etc)*
 - mid or heavy-weight sweater/mid layer for top*
 - mid-weight hoody/puffy (Arcteryx Atom or Proton, etc.)*
 - Insulated puffy jacket with hood; synthetic or down fill. Weight depends on temperatures and weather conditions*
 - Socks & underwear as needed*
- **Ski Gloves:** warm mountaineering or ski gloves with removable liners. Bring 1 pair, plus 1 pair extra liners, or 2 pair of gloves
- **Mid/lightweight gloves:** for touring ascents, around camp, warm days, etc.
- **Toque/warm hat:** wool or fleece
- **Hat with sun visor:** baseball cap, etc.
- **Buff or face mask:** Lightweight fabric buff or a facemask is nice to have on windy/cold days
- **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 (no hydration/hose systems due to freezing temperature)
- **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
- **Camp boots:** Snow boots such as Sorels, for added comfort 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, personal meds, foot-care supplies, etc.) Bring only essentials!
- **Note pad and pencil:** optional, bring a waterproof field book

Camping Equipment

- **Sleeping bag:** Synthetic or Down, rated to *at least* -15 degrees Celsius
- **Sleeping pad:** Therma-rest style inflatable, or closed cell foam (Ensolite style) or combo of the two
- **Inflatable pillow:**
- **Personal snacks 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 **
- **Personal Insulated mug for hot drinks:** may be supplied if needed, but bring your own favorite beverage mug if you have one
- **Small insulated camp/stadium chair:** great for in camp to have a chair that has a backrest (*no chairs with legs*)
- **Basecamp warm jacket/parka and insulated overpants:** Optional, but a nice luxury for around camp

Technical Equipment for glacier travel: (Supplied if needed. 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