

## **Alpine Guide - Mountaineering Equipment List**

The list below itemizes the equipment required to complete the courses within the program. Larger pieces of Equipment can often be rented from the operator for the duration of the course. WAS has negotiated a discounted rate for the rental fee of these larger items.

The remainder of the equipment can be purchased or rented from local supplies.

### **Sleeping**

- 3 season tent – ground sheet / guy lines, between teams of two or three people
- thermo-rest or foamy
- sleeping Bag (-3 c to -10 c) approx.

### **Technical**

- rock climbing shoes (sized to be worn bare foot, but all day comfort, not too tight!)
- rock climbing harness
- rock/mountaineering helmet
- leather mountain boots, with hard vibram boot sole, compatible with crampons
- steel summer mountaineering crampons compatible with your boots
- day pack 30-40 litre
- overnight pack 60-80 litre
- Plastic garbage bag to line pack for water proofing

### **Special equipment needed for each student**

(possibility of renting the full package at WAS for \$150CAD)

- ice axe, alpine ice axe 50 cm to 70 cm shaft
- D shaped locking carabiner x 3, pear shaped are fine too
- Triple action locking or uni- directional carabiner x 1
- Non locking carabiners x 3
- belay device (petzl reverso 4 or Black Diamond ATC Guide)
- 120cm sewn sling, spectra or Dyneema
- 1.5 m 6 mm cord / Prussik
- 5 m 6 mm cord / Prussik

### **Mountain Clothes**

- gore-tex jacket/pants
- warm hat, touque
- light gloves / mtb / work gloves
- mid gloves – spring ski style
- ski gloves - winter ski gloves
- socks/smart-wool x2

- base layer top/bottom
- mid layer – fleece sweater
- soft shell style jacket and pants
- light insulated jacket – puffy
- gaiters – optional w/ tight cuff pants

### **Other**

- sun glasses
- stove/pot sets for team of two or three(lighter)
- sun screen
- sun hat
- t-shirt
- cup/bowl/spoon
- camp shoes
- H2O bottle / hose 2 litre
- head lamp w/ spare battery
- phone, charged, extra battery

### **Optional**

- t.p./lighter/ziplock
- small knife
- camp clothes
- ear plugs
- blister pads
- band-aid
- ibuprofen
- map 92J8 Duffey lake map (John Baldwin ski touring map)
- compass, silva Ranger style w/adjustable declination and clear base plate and mirror
- camera