

Basic Mountaineering Course: Equipment Checklist

Sleeping		Backpack	
Sleeping Bag and Stuff sack		60 to 80 litre pack for overnight	
Sleeping Bag Liner (optional)		Day pack for day trips (30L+)	
Sleeping Pad: Inflatable or closed cell foam			
Bivi Sack (optional)			
Clothing to wear (NO COTTON)			
Boots – sturdy leather ankle height		Insulation layer (optional) fleece or down	
Socks – 1 poly & 1 wool		Jacket (waterproof breathable)	
Long underwear (tops & bottoms)		Gaiters	
Shorts (optional if climbing pants are used)		Toque or balaclava	
Climbing pants (not cotton) (may be optional if bib pants & shorts used)		Sun hat or baseball cap	
Outer shell Pants (waterproof breathable)		Gloves/Over mitts (should be waterproof)	
Shirt/Fleece or Sweater (not cotton)		Hankie	
		Mosquito veil (optional)	
Spare Clothing			
Train shoes, runners as appropriate		Insulated hat	
Socks		Gloves	
Long underwear (tops & bottoms) lightweight		Hankie	
Spare vest (down or fleece)		Baseball Cap	
Personal Accessories			
Small first aid kit		Toilet paper	
Blister tape		Toothbrush & paste	
Soap & towel		Whistle	
Matches		Lip balm	
Personal medications		Spare glasses if necessary	
Spare bag, if necessary, to “pack it out”		Sun glasses (ski goggles optional)	
Sunscreen		Insect repellent	
Pocket knife or Swiss Army Knife		Multi-tool (optional)	
Headlamp & spare batteries		Map	
Guidebook		Compass	
GPS (optional)		Notepad & pencil	
Wag Bag (Personal Waste Disposal Bag) - 100% Mandatory			
Meals & Hydration			
Two 1-litre water bottles or Hydration system (min 2 L)		Eating utensils: plate or bowl, cup, knife, fork, spoon, etc.	
Water filter OR Sterilize Tablet		Chocolate	
Climbing Gear			
Ice axe		Hiking poles (optional but strongly recommended)	
Climbing Harness		Helmet	
Crampons (FIT BOOTS)		Rappel/Belay device	
Prusik cord: 6mm or 7mm cordelette -1 x 5m plus 1 x 1.5m		2 Double length slings (120 cm)	
2 Locking carabiners (at least one pear-shaped Munter carabiner)			
Necessary Communal Gear			
Tent (2-3 people per tent group)		Stoves, Fuel & Pots (2-3 people per cooking party)	
Ropes, anchors, deadman		Snow shovel	
Watermelon, whole pineapple, or other large fruit (optional)		Chocolate or cake for volunteers/instructors	

Equipment Rental and Suppliers

- **MEC**, 130 West Broadway Vancouver, 604-872-7858 (rentals); 212 Brooksbank Ave North Vancouver, 604-990-4417
- **Valhalla Pure**, 88 West Broadway, Vancouver, 604-872-8872
- **Climb On Equipment**, 38165 2 Ave, Squamish, 604-892-2243

Note: ClimbOn Equipment in Squamish will rent you a belay device, harness, helmet and even shoes **free** in order for you to participate on this course.

Call them to reserve rentals, or for gear questions: 1-877-48-CLIMB.