

# GEAR CHECKLIST

ARC'TERYX  
ACADEMY

Canada West Mountain School will supply all ropes and climbing anchor supplies. Clinics will proceed regardless of weather, so every participant should be prepared for a full day outdoors in any/all conditions including hot and sunny or raining and cool.

Lunch, snacks and water are required as you will be in the field all day.

In addition to what is outlined below, please bring sunscreen, hats and whatever else you require to spend a full day outside in the elements. You will see a list of specific clinic gear below each mountain sport, be sure to see if your clinic requires a specific gear list.

## BOULDERING CLINICS

Every participant is required to bring the following gear for any bouldering clinic.

- Climbing shoes
- Chalk
- Guests are encouraged to bring their own crash pads if they own them

## RUNNING CLINICS

Every participant is required to bring the following gear for any running clinic. Please check the list below for additional clinic specifics.

- Running shoes
- Hydration
- Running vest or pack
- Specialty gels or nutrition
- Running poles (optional)

### Women's Overnight Run Retreat with Emma Cook-Clarke

- Clothing for mountain weather/ warm layers for the night
- Light sleeping bag
- Freeze dried meal for dinner and breakfast, snacks for two runs days
- Any necessary medications

### Advanced Mountain Running: Walking With a Purpose with Adam Campbell & Eric Carter

<input type="checkbox"/> Climbing helmet	<input type="checkbox"/> Food and water
<input type="checkbox"/> Harness	<input type="checkbox"/> Appropriate clothing and layers for a full day
<input type="checkbox"/> Carabiner and belay device	of moving in the mountains
<input type="checkbox"/> Running pack	



# GEAR CHECKLIST

ARC'TERYX  
ACADEMY

## HIKING CLINICS

Every participant is required to bring the following gear for any running clinic.

Please check the list below for additional clinic specifics.

- Hiking Shoes or Boots
- Hiking Pack minimum 35L
- Snacks and Hydration
- Specialty gels or nutrition
- Hiking poles (optional)

## CLIMBING CLINICS

Every participant is required to bring the following gear for any climbing clinic.

Please check the list below for additional clinic specifics.

- Climbing harness
- Climbing shoes
- Approach shoes
- Helmet
- Belay device with locker
- Personal tether/leash with locker

### Additional Equipment for Advanced Clinics

*Optional* - bring it along if you have it.

- Trad lead rack: for all trad lead, alpine and multi-pitch clinics
- Crack gloves and or tape
- Quick draws: for all sport lead clinics
- 7 mm Cordlettes (2 x 5 meters): for rescue clinics, also good for alpine and multi-pitch clinics
- 6 or 7mm Cordlettes (1x 1.5 meters): rappel prussik for rescue, alpine and multi-pitch clinics
- 1-2x Extra locking carabiners: for all rescue, trad lead, alpine and multi-pitch clinics
- Rescue pulleys, ascenders, ratchet-pulley's, etc. (For all rescue, alpine and multi-pitch clinics)



# GEAR CHECKLIST

ARC'TERYX  
ACADEMY

## Full Send with Will Gadd

Sport Climbing Gear if you have it.

- 6-10 Draws
- 60 Meter Climbing Rope
- Belay Device

## Falling Up with Vikki Weldon

- Notebook
- Gri Gri or equivalent to and auto locking belay device

## Smooth Moves with Vikki Weldon

- Notebook

## All Things Offwidth! With Jesse Huey

- Long sleeve shirt and Pants that you are okay with beating up!
- Tape or crack climbing gloves

## Improving Your Skills on Lead with Ines Papert

- 60 m rope
- 12 quickdraws
- Belay device

## C.A.M.P. Fast and Light Alpinism

- Adequate personal food and water for the day's activity.
- Appropriate clothing and layers for a full day of moving in the mountains
- Supportive footwear
- Small 20–30-liter pack
- Harness
- 120cm sling and small locker for creating a rappel extension/belay tether. – No PAS's or daisy chains!!!
- Tube style belay device appropriate for belaying and rappelling on two ropes with appropriate round stock HMS carabiner
- Rappel backup with locking carabiner
- Spare locking carabiner



Climb | Skw̱wú7mesh

# GEAR CHECKLIST

ARC'TERYX  
ACADEMY

## ALPINE PHOTOGRAPHY

- Overnight camping gear including – tent, sleeping bag, sleeping pad, clothes, toiletries + medications, camp stove + cookware
- Sturdy footwear
- Appropriate clothing and layers for a full day of moving in the mountains; hiking layers, warm layers, waterproof pants and jacket
- Headlamp – charged/with spare batteries
- Food and water for a 2-day, overnight trip (2L water capacity + water filter recommended)
- Camera gear – A DSLR or mirrorless camera is recommended, but smaller cameras
- Camera Accessories - EXTRA batteries, memory cards, lens wipes, camera strap etc

## Creating Powerful Images with Jessie McAuley

- Enough food and water for 3 hours on the trails
- Running Vest with capacity to carry:
  - Space Blanket
  - Jacket
  - 500ml of water
  - Cell phone
  - Camera
    - Access to a camera small enough to carry hands-free in your running vest
    - Have basic knowledge of how to operate their chosen camera.  
i.e., knows what ISO, shutter speed, and aperture.



Climb | Skw̱wú7mesh