

# GEAR CHECKLIST

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.

## 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)

### **I Need More Than Just a Pair of Running Shoes?** With Eric Carter

- Harness
- Locking carabiner
- Helmet
- Running pack

### **Runners! Don't fall off that rock!** With Eric Carter

- Harness
- Locking carabiner
- Helmet



# GEAR CHECKLIST

## 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 Cordalettes (2 x 5 meters): for rescue clinics, also good for alpine and multi-pitch clinics
- 6 or 7mm Cordalettes (1 x 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)

### Falling Up - With Vikki Weldon

- Notebook
- GriGri or equivalent assisted-braking belay device and locking carabiner

### All Things Offwidth! With Jesse Huey

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

### RE-BOLTING Clinic - With Jonathan Siegrist

- If you have a drill and bolting kit, bring it



# GEAR CHECKLIST

## Dry Tooling for Ice Climbers - With Paul McSorley

- Ice climbing equipment with mono point crampons

## 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

## 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

## Leg Day - With Maya Madere

- Knee bar pad if you have one

