

UGS 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.

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

COMMUNITY TRAIL RUNS

Every participant is required to bring the following gear for community trail runs.

- Running shoes (trail running shoes recommended)
- Running vest or belt with hydration and snacks/gels (optional but recommended)

HIKING CLINICS

Every participant is required to bring the following gear for hiking clinics.

- Day pack (recommended size: 20L)
- Hiking shoes, boots or technical trail running shoes
- Snacks and hydration
- Extra warm layer
- 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 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)

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

- Adequate personal food and water for the day's activity.
- Appropriate personal apparel/layers and footwear for the day/objective.
- 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

