

## EQUIPMENT AND CLOTHING LIST

The type and quality of your personal outdoor equipment will greatly influence your comfort during your time in WLP. We supply most technical gear on courses – for instance, if you go kayaking, we will supply a kayak, paddle, pfd, and all associated safety gear. What we do not provide is your personal gear – this is what you need to take care of. You do not have to purchase everything on this list below; it is broken down to required, recommended and ‘dream’ list. Ensure you have everything on the required list and any items on the recommended or dream list is worth some thought. Don’t get caught up on buying the most expensive specialized items – often an old fleece will do in place of an expensive technical jacket – just adapt and get creative.

***\*\*Note: It is not necessary to purchase all supplies prior to the program as gear selection will be discussed in WLP 157 in the first week. Often it’s a good idea to wait and speak with the instructor so that you purchase the correct equipment.***

### All Students - Required Personal Gear - Clothing:

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- 1 - pair of long underwear tops and bottoms
  - Synthetic or light wool
- 1 - long sleeve shirt
  - Synthetic or light wool
- 1 - sweater and or vest
  - Fleece, wool or down
- 1 - pair of fleece pants
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- 1 - pair of nylon pants
  - Heavy synthetic or soft shell material
- 1 - pair of nylon shorts
- 2 - T-shirts
  - 1 synthetic/wool
  - 1 cotton for hot days
- 1 - fleece jacket
- 1 - Rain jacket and pants
  - Mountain jacket, water proof/breathable jacket with hood
  - Wilderness Skill set – lightweight & packable
- Water Skill set – can be heavier and non-breathable, if desired
- 4 - pairs of socks
  - 2 light
  - 2 heavy wool
- 1 - pair winter style ski/board gloves
- 1 - pair medium weight fleece gloves
- 1 - pair thin glove liners
- Wool or fleece hat
- Sunhat
- Running shoes
- Water shoes
  - Old running shoes that can be worn in the water are just fine
  - Water shoes made by Teva or Keen are also good options
  - If using sandals, must ensure are secured to your feet – flip flops are not suitable

### All Students - Required Personal Gear - Toiletries:

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- Sun block and lip block
- Personal first aid kit (band aids, antiseptic towelettes, 1” medical tape, moleskin, personal medications)
- Toothbrush, toothpaste, biodegradable soap, toilet paper

### All Students - Required Personal Gear – Camping:

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- Sleeping bag
  - 3 season with hood, down or synthetic fill

- If completing the Mountaineering courses and/or AWLP winter courses, may want to consider a 4 season bag rated to approximately – 15
- Backpack (internal frame, approx. 70 litre capacity)
- Backpack (for day trips – approx. 20 – 35 litre capacity)
- Sleeping pad
  - Thermarest style or closed cell foam
- Lightweight camping stove and pot set
  - You will be cooking in groups so this equipment may be shared, it may be worth waiting to see how many camping stoves are in your group before purchasing
- Tent
  - 3 season minimum, full fly coverage, with ground sheet
  - Generally not everyone needs a tent, as students will share – but recommended
  - If attending mountaineering and/or winter AWLP courses, consider a 4 season mountain tent
  - Water skill set can get by with a heavier, larger tent, whereas the wilderness skill sets should have a tent that is relatively lightweight and packs well
- Eating Gear
  - cup
  - bowl
  - spoon
- Water bottle
  - Wide mouth
  - 1 – litre
  - Leak proof
- Matches and a lighter
- Whistle
  - Fox 40 style
- Pocket knife
  - Swiss army or multi-tool
- Extra garbage bags and zip locks
- Headlamp and spare batteries
- Compass with mirror
- Sunglasses with UV protection
- Stuff sacks
  - various sizes for food, clothing, sleeping bag, etc
- Lightweight tarp with tie downs
  - 3 X 4 metres, plastic or coated nylon
  - Avoid the blue ‘Canadian Tire’ tarps unless in the water program
- Food cache rope
  - 15 metres, 5 mm cord
  - Small carabineers/pulleys can also be useful
- Log book that can be written on in the rain & pencil
  - yellow ‘rite in the rain’ preferred
- Camera (optional)
- Binoculars (optional)

## Water Skill Set Students Only:

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### Required:

- Water shoes
  - Old running shoes that can be worn in the water are just fine
  - Water shoes made by Teva or Keen are also good options
  - If using sandals, must ensure are secured to your feet – flip flops are not suitable
- Water gloves
  - Thin neoprene with leather/grippy palm is ideal
  - Should be able to tie/untie knots with gloves on
  - Be careful of buying ones that are too thick – they impair movement and grip
- Dry Bag
  - Minimum of one – 10L dry bag for lunches, camera, etc.
- Neoprene socks
  - Basic socks to wear under running shoes/water shoes for thermal protection in cold water

### Recommended:

- Neoprene booties with textured soles
- Rubber boots
- Dry bags
  - two – 10L
  - two – 20L
  - one or two dry bags are necessary, but if you are not able to purchase all the bags, stuff sacks lined with garbage bags are also adequate
- Knee pads for canoeing (optional)
- Chart case (optional)
- Paddling jacket or shell-style jacket suitable for wet paddling conditions
  - The main feature of this jacket should be neoprene/latex cuffs
  - Alternatively, any good shell jacket will suffice

### Dream List:

- Gore-Tex Drysuit
  - With booties & relief zip
- PFD
  - Kayaking style, with integral towline/strong swimmer belt

## Wilderness Skill Set Students Only:

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### Required:

- Backpack (internal frame, approx. 70 litre capacity)
- Dry Bag
  - Minimum of one – 10L dry bag for lunches, camera, etc.
- Hiking/mountaineering boots
  - Broken in, good ankle support
  - Vibram style lug sole,
  - Crampon compatible for mountaineering
    - At time of writing, mountaineering boots were available for rent from M.E.C in North Vancouver, but availability/pricing is unknown. The better bet is to buy a versatile pair of boots that can be used both for Mountaineering & Backpacking
    - Recommended boot Scarpa Escape gortex Mountaineering boot \$275 – available for purchase at MEC
    - **Note: if you have boots that are unsuitable, you will not be allowed on the mountaineering course**

### Recommended:

- Nylon pack cover
- Map case
- Climbing Shoes
  - Highly recommended that you purchase your own as you will be taking two extensive climbing courses – most students become avid climbers shortly after taking the course
  - Do not purchase them too tight! There is a trend for salespeople to sell shoes a size too small for performance – think that you may have to spend 4-6 hours in these shoes
  - You may wish to wait until starting Rock 1 before purchasing shoes – you can buy them locally, and your instructors can give you advice on what type/brand/style
- Dry bags
  - two – 10L
  - two – 20L
  - one or two dry bags are necessary, but if you are not able to purchase all the bags, stuff sacks lined with garbage bags are also adequate

### Dream List:

- Climbing harnesses
  - Belay devices, carabineers, and accessory cord
- Climbing helmet
- Ice Axe
- Crampons

## **SUGGESTED SUPPLIERS:**

### **Valhalla Pure Outfitters**

805-1200 Hunter Place (Squamish Station) Squamish, BC 892-9092  
222 West Broadway, Vancouver, BC V5Y 1P6 604-872-8872

### **Sports Junkies**

102 W. Broadway, Vancouver, BC V5Y 1P3 604-869-6000

### **Sigge's Sport Villa Ltd.**

2077 W. 4th Avenue, Vancouver, BC 731-8818

### **Taiga Works**

390 W. 8th Avenue, Vancouver, BC 875-6644

### **Three Vets Ltd.**

2200 Yukon Street, Vancouver, BC 872-5475

### **AJ Brooks Outdoor Outfitters**

147 West Broadway, Vancouver, BC 604-874-1117

### **Mountain Equipment Co-op**

130 West Broadway  
Vancouver, BC 872-7858