



Diploma in Mountain Medicine

CSMM Summer Equipment List

Here is a list gear list that you are expected to have for the **SUMMER** course module. Note that some of the items listed are optional. **If you feel that something is missing from this list, please do not hesitate to contact the course director for clarification.** There are gear stores in Squamish and Whistler (and Vancouver) nearby should you require last minute items. If you do not have some equipment such as touring skis or avalanche rescue gear (Winter Module), it can be rented in Whistler, but you will be expected to do this in advance of the course, or on your own time. **If you rent gear, please ensure it fits comfortably, is in good working order and that you are familiar with how to operate it.**

SUMMER PERSONAL GEAR:

- 30-40L day pack
- 60-80 L Backpack or duffle, big enough to hold all gear for the trip plus some extra communal gear. Note: Multiple smaller bags are easier to load than one large bag for helicopter flight.
- Credit card
- Base layers top & bottom
- Climbing/hiking pants - nylon, fleece, Schoeller, etc. (1 pair)
- Fleece
- Puffy, standby puffy parka
- Outer layer waterproof jacket with hood (gortex style)
- Outer layer waterproof pants (gortex style)
- Warm toque (wool or fleece)
- 2 pairs of waterproof gloves or mitts (gloves are better for rope handling)
- Sun hat
- Socks wool or synthetic blend (2-3 pairs)
- Lightweight runners
- hut booties/shoes (optional or can use runners)
- Gaiters (1 pair)
- Insect repellent (1 bottle for group)
- Sunglasses
- Sunscreen
- Water bottle/hydration system (minimum 1L)
- Thermos for hot drinks (optional)
- Carbohydrate material

- Knife – swiss army style or multitool
- Field notebook and pencil(s) (E.g. Write-in-the-Rain)
- Camera, cell etc
- Headlamp with extra batteries
- Guides tarp (emergency shelter)
- First Aid Kit (Include what you would take for a multiday backcountry trip – **you will be assessed on the contents of your kit**)

SUMMER CAMPING GEAR:

- Sleeping bag (rated -5 to -10 degrees celcius)
- Sleeping pad.
- Tent or bivy sac *
- Ear plugs if you are a light sleeper!

* **Note. You may want to organize to share with another course participant.**

SUMMER NAVIGATION GEAR:

- Professional style compass (with sighting mirror such as : <http://www.suunto.com/us/en/products/compasses/suunto-mc-2>)
- Altimeter (watch is adequate)
- GPS receiver (**OPTIONAL**)
- Maps(**):
 - o Cheakamus Topo Map 92 G/14 (**for Haberl Hut in Tantalus Range**)
 - OR**
 - Squamish Topo Map 92 G/11 (**for Squamish Gondola**)
 - OR**
 - Whistler Topo Map 92 J/2 (**for the Spearhead**)

**** NOTE: Maps are subject to change if we have a last minute change of venue due to weather or logistics. Please check with us closer to the date of the course.**

SUMMER TECHNICAL GEAR:

- Mountaineering boots - full leather or plastic mountaineering boots. If leather, they should be well broken-in and waterproofed.
- Climbing shoes
- Climbing harness
- 1 belay device
- chalk bag (Optional)
- 3 locking carabiners
- 4 non-locking carabiners
- 1 personal prusik (6/7mm perlon cord, 1.25 m length) ***
- 1-2 single length sling/runners (~24" length) (optional)
- 2 personal guide slings (5 m of 6/7mm cord) ***
- 2 anchor slings (7m of 19-26mm tubular webbing) (Minimum 22 kN strength)

- 1 or 2 ice screws (minimum 15cm length)
- Simple or prussic minding pulley (optional)
- UIAA certified climbing helmet
- General mountaineering ice axe (B rated aluminum ok)
- Crampons (to fit on mountaineering boots / aluminum are ok if in good condition)
- Closed cell foam pad (to sit on or for use in first aid scenarios)
- Walking pole(s) (Optional)

***** Note: For prusik to bite on a rope you need a 2mm difference between prusik and rope diameter. 7mm diameter cord is standard for large diameter ropes, 6mm for smaller size ropes. However there is a strength limitation with 6mm cord.**

Another reminder to please contact us if you feel we have omitted any items!

Maps are subject to change if we have a last minute change of venue due to weather or logistics. Please check with us closer to the date of the course.

Thank you,

**Anthony Chahal
CSMM Course & Medical Director
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Diploma in Mountain Medicine

CSMM Winter Equipment List

Here is a list gear list that you are expected to have for the **WINTER** course module. Note that some of the items listed are optional. **If you feel that something is missing from this list, please do not hesitate to contact the course director for clarification.** There are gear stores in Squamish and Whistler (and Vancouver) nearby should you require last minute items. If you do not have some equipment such as touring skis or avalanche rescue gear (Winter Module), it can be rented in Whistler, but you will be expected to do this in advance of the course, or on your own time. **If you rent gear, please ensure it fits comfortably, is in good working order and that you are familiar with how to operate it.**

WINTER PERSONAL GEAR:

- 30-40L ski touring day pack
- 60-80 L Backpack or duffle, big enough to hold all gear for the trip plus some extra communal gear. Note: Multiple smaller bags are easier to load than one large bag for helicopter flight.
- Credit card
- Base layers top & bottom
- Fleece/insulation layers for ski touring
- Puffy, standby puffy parka (down or synthetic)
- Outer layer waterproof jacket with hood (gortex style)
- Outer layer waterproof pants (gortex style)
- Warm toque (wool or fleece)
- Neck warmer or buff
- 2 pairs of waterproof gloves or mitts (gloves are better for rope handling)
- Sun hat or baseball cap for ski touring
- Ski socks (2-3 pairs)
- Hut clothes for evenings
- hut booties/shoes
- runners/snow boots for getting around the backcountry hut
- Ski goggles
- Sunglasses
- Sunscreen
- Water bottle/hydration system (minimum 1L)
- Thermos for hot drinks (optional)
- Carbohydrate material
- Knife – swiss army style or multitool

- Field notebook and pencil(s) (E.g. Write-in-the-Rain)
- Camera, cell etc
- Headlamp with extra batteries
- Guides tarp (emergency shelter)
- First Aid Kit (Include what you would take for a multiday backcountry trip – **you will be assessed on the contents of your kit**)

WINTER CAMPING GEAR:

- Sleeping bag (rated -5 to -10C or lighter as you will be sleeping in a hut)
- Ear plugs if you are a light sleeper!

Note. You may want to organize to share with another course participant.

WINTER NAVIGATION GEAR:

- Professional style compass (with sighting mirror such as : <http://www.suunto.com/us/en/products/compasses/suunto-mc-2>)
- Altimeter (watch is adequate)
- GPS receiver (**OPTIONAL**)
- Maps(**):
 - Birkenhead Lake Topo Map 92 J/10 (for McGillivray Pass area)

**** NOTE: Maps are subject to change if we have a last minute change of venue due to weather or logistics. Please check with us closer to the date of the course.**

WINTER TECHNICAL GEAR:

- Climbing or ski touring harness
- 1 belay device
- 3 locking carabiners
- 4 non-locking carabiners
- 1 personal prusik (6/7mm perlon cord, 1.25 m length) ***
- 1-2 single length sling/runners (~24" length) (optional)
- 2 personal guide slings (5 m of 6/7mm cord) ***
- 2 anchor slings (7m of 19-26mm tubular webbing) (Minimum 22 kN strength)
- Simple or prussic minding pulley (optional)
- Closed cell foam pad (to sit on or for use in first aid scenarios)

***** Note: For prusik to bite on a rope you need a 2mm difference between prusik and rope diameter. 7mm diameter cord is standard for large diameter ropes, 6mm for smaller size ropes. However there is a strength limitation with 6mm cord.**

SKI GEAR:

- Skis helmet (**mandatory**)
- Skis with touring bindings
- Climbing skins (fit to skis)
- Ski boots (touring boots Vibram soles preferable)
- Ski poles (adjustable preferable)
- Avalanche Transceiver (**457 KHz single frequency - Digital preferred**)
- Avalanche probe
- Snow shovel
- Snow study kit (Optional)

Another reminder to please contact us if you feel we have omitted any items!

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Thank you,

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