



## Summer Mountaineering Semester

### Clothing and Gear Lists

This is the comprehensive list of all the things you will need to make your experience on the Summer Semester comfortable and effective. You will no doubt find it a little overwhelming but do not despair, as there are ways of outfitting yourself without breaking the bank. What we would suggest is that you go through the list and make your own list of everything that you already have and a list of what you don't have. Some of the items you will obviously want to purchase. Others can be rented or bought used. If you are in doubt about what to buy and cannot get to a good mountaineering shop, please feel free to call the Yamnuska office for advice.

Yamnuska has a very good selection of gear that can be **purchased** or **rented**. Please let us know what you will need before the program begins. As well, Canmore has several mountain shops. We recommend that you arrive a couple of days early if you have a lot of gear to purchase.

### CLOTHING FOR ALL SEASONS

A clothing 'system' is crucial to your enjoyment, learning and potentially, your very survival in this program. We are advising you on our years of learning from experience. A system is based on layering different kinds and weights of clothing so that you can easily adjust your body heat - both output and retention - to climatic and activity demands. You may be dealing with temperature variations from +30°C to -5°C.

### **FABRICS**

Look for clothing made with polyester synthetics, wool, wool polyester blends and fiber pile such as Polar Fleece, Synchilla and Polartec. These products retain warmth when wet and dry with body heat. Pants and wind clothing should be polyester, nylon and spandex or Lycra blend.

Your Clothing System should:

- Allow you to trap layers of warm, dry air next to your body.
- Protect these insulating layers from the heat loss caused by wind.
- Control the amount of moisture that gets into this insulation by shedding rain and snow and by allowing for ventilation of body moisture.

### CLOTHING LIST

#### **HEAD AND NECK**

- FLEECE OR WOOL HAT** - wool or pile only, should be compact enough to fit under a climbing helmet.
- BALL CAP or BRIMMED HAT** for protection from the sun

#### **UPPER BODY**

- BASE LAYER - TOP - (2 minimum) 1 long sleeved, 1 short sleeved. Synthetic fiber or wool fiber blend.
- MID LAYER - Pile fiber (fleece) pullover or jacket.
- HEAVIER SWEATER OR JACKET - Pile jacket or pullover. 300 weight
- WINDPROOF JACKET - Soft shell, large enough to fit over all your layers, Should be able to breath.
- WATERPROOF/SNOWPROOF JACKET ('GORE-TEX') Hard shell jacket with hood. Needs to fit over all of your layers.

## **LOWER BODY**

- BASE LAYER BOTTOM – Synthetic or wool blend is best. Light weight
- UNDERWEAR – Several pairs Synthetic, nylon, silk.
- SOFT SHELL CLIMBING PANTS - 1 pair. Should be loose fitting and uncoated. (breathable)
- WATERPROOF/SNOWPROOF PANTS (or Bibs)- 1 pair which should be full zip to fit over boots. 'GORE-TEX' or Coated nylon pants.
- SHORTS

## **HANDS**

- WOOL, POLYPRO OR FLEECE **GLOVES** - 2 pairs, one light one **heavy**

## **FEET**

- SOCKS – At least 4 pairs, wool/nylon blend is the best type to get as the nylon gives strength to the wool.
- GAITERS** - 1 pair, Essential for keeping snow, dirt and rocks out of your boots. Should be heavy nylon or GORE-TEX with a heavy duty full zipper or Velcro snap combination and a strap underneath. Tube style gaiters are O.K. but cannot be taken off or put on without removing your boot.

## **CLOTHING FOR AROUND TOWN**

Bring enough clothing for days off and course break.

## **FOOTWEAR**

- RUNNING SHOES - 1 pair, for wear around Town, camp and for stream crossings.
- MOUNTAIN BOOTS** - This will be the most important piece of equipment for the course. They should be minimum of 3/4 shank. Take the time and care to insure that you have a comfortable fit. Double plastic boots are warm and durable however, many people are now using leather boots. Kayland, Koflach, Kastinger, La Sportiva, Lowa, Scarpa and Asolo all make good boots. Wear them as much as possible before the course so that they are broken in. **\*\*We have plastic mountaineering boots (Koflach, Scarpa) for rent- let us know as soon as possible if you want to rent\*\***
- HIKING BOOTS - A light weight hiking boot or shoe is the footwear of choice for daily use.
- ROCK CLIMBING SHOES** - Well worth the investment. There are many brands on the market with a broad range of prices. Best to buy a non specialized shoe. Buy your rock shoe to fit snug but comfortable as you will be wearing them for extended periods. **\*\*These can also be rented from Yamnuska.**

## **PACKS**

- ❑ **EXPEDITION BACK PACK** - This should be a sturdy, well constructed pack with at least 65 liter carrying capacity. A simple well fitting pack is best. Try on the pack and load it with weight (20 Kilos or more) to see how comfortable it will be. It should have a wide comfortable hip belt which sits on the top of the hips. Shoulder straps should also be well padded and comfortable. Key words here are comfort, durability and simplicity.
- ❑ **DAY PACK** - Used rock and alpine climbs. Should be sturdy and durable with ice axe attachments and large enough to fit all your gear for the day. Size should be about 30 to 40 liters.

### **SLEEPING BAG AND PADS**

- ❑ **SLEEPING BAG** - A great deal of time will be spent in your sleeping bag and the majority of this will be in cooler conditions. The big question is whether to go with down or synthetic fill in your bag. Both have advantages and disadvantages. Down filled bags are very light and compress easily into a small space. However, they are expensive and don't work well when they are wet. Synthetic bags keep you warm when they are wet but are bulkier and heavier than down. The bag should have a three season rating. Rating at least 7°C.
- ❑ **SLEEPING BAG LINER** – Polyester or silk liner to keep the bag clean.
- ❑ **SLEEPING PAD** - This item provides protection from heat loss due to conduction while you are sleeping. An essential item for camping. The pad must be closed cell foam such as polyethylene or Evazote and at the very least 10mm thick. 15mm is more suited for winter use. If you want more warmth and comfort look to a 'Therma-Rest' inflatable pad or Ex-ped down mat. These are quite expensive but a nice item.
- ❑ **STUFF SACKS** – Several coated nylon bags with draw string. For carrying and storing your gear. Good to have a few so that you may also store your clothing and extras.

### **MOUNTAINEERING, ROCK CLIMBING SECTION GEAR**

Yamnuska provides all of the following gear. If you have any of these items please bring them along.

- **SIT HARNESS**
- **CLIMBING HELMET**
- **CARABINERS**
- **BELAY DEVICE**
- **SLINGS**
- **HARDWARE (RACK)**
- **PRUSSIKS**
- **ICE AXE**
- **CRAMPONS - General Mountaineering with anti-balling plates**
- **ICE TOOLS**
- **ICE SCREWS**

### **CAMPING GEAR**

Yamnuska supplies all of the following gear. If you have any of these items you may wish to bring them.

- **TENT**
- **STOVE**
- **COOKSET**
- **FUEL BOTTLES**

### **ESSENTIAL ITEMS**

- ❑ **HEADLAMP** - (w/ spare batteries) We recommend Petzl headlamps
- ❑ **WATER BOTTLE** - One liter capacity, wide mouthed plastic or metal with a screw lid. Nalgene and Sigg brand bottles are good.
- ❑ **SPOON**, Lexan spoon or titanium spoons are perfect

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- BOWL - Made of unbreakable plastic. A 2 or 3 cup plastic measuring cup is perfect.
- Mug – Insulated plastic mug with a lid is ideal.
- POCKET KNIFE - The 'Swiss Army' Knife or 'Leatherman' Tool is best. Minimum need is for a blade, can opener and screw driver. You don't need all the gadgets and attachments if price is a limiting factor.
- COMPASS – Need a mirror sighting compass. Suunto, Brunton and Silva are all recommended.
- SUN AND GLACIER GLASSES - A very important item to have as your eyes can burn easily from the intense glare of sun and snow. You should get a pair that have eye shields and that can cut out 100% of UVA and UVB rays. If you wear prescription glasses make sure you have a good pair of prescription sunglasses for the course. Have a good storage case for your sunglasses. Wrap around glasses work ideally for glacier travel as well.
- NOTEBOOK** , PEN, PENCIL – We recommend 'Rite in the Rain' all weather Level No. 311 notebook
- PERSONAL 1ST AID KIT** – Band aids, blister tape, moleskin, ect..
- SUNSCREEN - at least 35 SPF rating or zinc oxide (total block). Sunburn is a very real and potentially serious problem on the course.
- LIP CREAM – At least 35 SPF We recommend Dermatone.
- GARBAGE BAGS – Several for lining your pack and stuff sacks.
- SEWING AND REPAIR KIT - Should contain needle, thread, wire, tape, safety pins, - anything which you think may come in handy.
- LIGHTERS -2 or 3 disposable types.
- TOILET KIT – Toothbrush, toothpaste, floss, shampoo, foot powder, vitamins, skin cream, nail clippers...
- HAND SANITIZER – Bring several small bottles (approx 50ml per bottle)
- WATERPROOF WATCH - Cheap Casio or Timex type w/alarm is good. One with an altimeter is useful.

### **OPTIONAL**

- Personal music player, small games, hacky-sac, musical instrument.
- Books to read
- Journal or diary
- Camera with good protective case. Bring lots of film.
- Umbrella – Small folding type
- Backpack cover
- Flip Flops/Sandals

**STORAGE SPACE WILL BE LIMITED SO CHOOSE AND PACK CAREFULLY.**

### **LEARN ABOUT GEAR**

During the Semester you will have the opportunity to learn lots about gear and the proper use of the items. You will probably be much better informed after the course than you are now, hence you will be in a much better position to judge what you need and where to get it. That is why we urge you not to go out and wildly purchase everything on this list but to be creative in securing what you can from friends, relatives or garage sales. Renting gear that you may never use again is a great way of saving. As an outdoor recreation professional it is important to select the proper gear so that you may depend on it. We suggest taking the time to talk to your local gear shop people and learning as much as you can about items before you make your purchase. Feel free to call or email and we will try to answer any questions that you may have concerning gear selection or sizing.

**As a participant in the Semester courses we feel that you are entitled to all the help we can give you. We want this course to be one of the best experiences possible. So do give us a call if you have any questions.**

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**MARK YOUR GEAR!**

Please mark all of your personal gear so that it can be easily identified as your own. Mark with permanent ink or with an engraver.

**YAMNUSKA RENTAL CLIMBING BOOTS**

Please let us know as soon as possible if you will need to rent the mountaineering and/or rock shoes so that we may reserve them for you.

**DAMAGE DEPOSIT FOR YAMNUSKA GEAR**

A damage deposit of \$100.00 is required from each participant prior to course start. This deposit will be in place to defray the cost of repairing or replacing any gear that is damaged or lost through student misuse or inattention. If abnormal damage or loss does not occur the deposit will be refunded approximately one week after course end.