



## Colwest Alpine Adventures - Winter Equipment List - AST 1, Field Day

---

### WINTER TRAVEL - EQUIPMENT LIST

- Wool and or synthetic socks
- Base layer top & bottom, synthetic, wool or silk
- Mid-insulation layer top & bottom, pile, synthetic or wool
- Light wind shell, windproof, water-resistant, breathable
- Weather layer top, Gore-Tex or other waterproof product
- Weather layer pant, Gore-Tex or other waterproof product
- Warm outer jacket, down or synthetic
- Toque - wool or synthetic
- Light gloves, wool, synthetic or leather (an extra pair is handy)
- Insulated gloves, wool, leather or synthetic, waterproof outer

### TRAVEL EQUIPMENT

- Skis, snowboard or snowshoes
- Boots, ski Poles, skins (need to have ski poles)

### SNOW SAFETY EQUIPMENT

- Avalanche transceiver (457 kHz) (personal or provided by Colwest on request)
- Avalanche probe (personal or provided by Colwest on request)
- Snow shovel (personal or provided by Colwest on request)
- Avalanche saw (personal or provided by Colwest on request)
- Avaluator Card (provided by Colwest)
- Companion Rescue Card (provided by Colwest)
- Avalung / Avalanche Flotation Device (optional)
- Snow analysis tools, snow crystal card / thermometer / loupe (optional)
- Compass / GPS / altimeter / map / guidebook (optional)

### PERSONAL EQUIPMENT

- Backpack, light, comfortable, 20 - 40 liters
- Sunglasses, goggles, sunscreen, lip cream
- Headlamp, water bottle, thermos
- Lunch, extra food / water or hot drink
- First aid kit, wound management (something to fix hot spots or blisters)
- Repair kit, tape, etc. (items specific to your touring setup)

### PERSONAL EQUIPMENT (OPTIONAL)

- Emergency bivy sac, emergency toboggan
- Communications device - VHF radio, satellite or cell phone, Spot or inReach
- Plastic ski scraper, foot or hand warmers
- Camera, waterproof notepad & pencil

*Brad - [colwest@shaw.ca](mailto:colwest@shaw.ca) / 250-819-9774*