

## ***COLT Clothing and Equipment List***

Most gear can be purchased at specialised gear stores such as Mountain Equipment Company (MEC) or Atmosphere but we do encourage buying gear from your local gear store. Some cities have very good used gear stores or gear swaps. If you are unable to acquire certain items, it is likely they can be mail-ordered on your arrival and shipped within 48 hours. If you decide to arrive without certain items, it is expected, after consultation with your COLT staff, that you order them immediately. If you are not sure about an item, please contact us before you spend a lot of money on an item that might not fit the requirements.

This list contains all technical gear, there are days off and other 'town' days when you might want your 'normal' clothing.

For your own comfort and safety, it is important that you understand each item and its use.

It's an extensive list. An estimate of the cost of gathering personal gear will vary widely depending upon how many of the items you already own. COLT will supply most technical and camping gear such as ice axes, crampons, harnesses and helmets, stoves, tents, ropes, boats, etc.

**All but the optional items are mandatory!**

### **Brands we trust:**

**For general gear:** The north face, Mountain hardware, Rab, MEC, MSR, outdoor research, Patagonia

**For climbing and mountain stuff:** Black Diamond, Petzl

**Sleeping bags and pads:** Rab, Thermarest, MEC, Exped, Patagonia

**Water gear:** level six, kokatat, nrs

**Head lamps:** black diamond, Petzl

**Drybags:** seal line, aqua quest, outdoor research

**Backpacks:** Osprey, Mec, Gregory, Blackdiamond, Exped,

**Climbiing shoes:** LaSportivam Black Diamond, Scarpa, Madrock

**Hiking/Mountain shoes:** Scarpa, LaSportiva, Salewa, Hangwag, Meindl,

(There are other good brands out there, if in doubt feel free to ask, not recommended items come from outbound, woods, canadian tire, Mountain warehouse, etc.)

## **Clothing.**

### **SOME ADVICE ON DRESSING FOR THE OUTDOORS**

Layering is the most effective way to keep warm in the outdoors. Layering is a three-part process: moving moisture away from the body, insulation, and protection from the weather.

#### **NEXT TO SKIN**

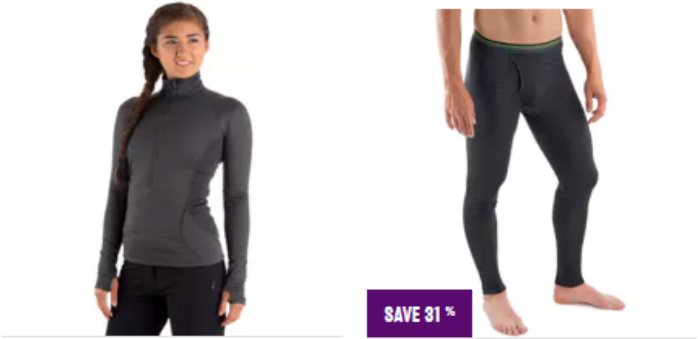

You should wear a wicking layer made of fabrics designed to move moisture away from your skin, such as polypropylene, Capilene, silk, Thermax, to name a few. Choose fabrics that are also designed to be warm when wet. NO COTTON!

#### **MIDDLE LAYER(S)**






Two more insulating layers of wool or fleece. They create pockets of warm air and help to wick moisture even farther away from skin. Both wool and fleece retain their warmth even when wet. **NO COTTON!**

#### OUTER LAYER





On the outside is a waterproof, windproof, and breathable protective layer, such as Gore-tex. There are many proprietary fabrics out there, so ask questions and make sure you buy a good quality shell. (Buy outerwear big enough so you can fit several layers underneath, but not too big, either)

Item	Description	Approx. use	Sample Picture	Quantity	Approx. Price per unit CAD\$	Approx. Total CAD\$
Base Layer	Merino wool, Polypropylene, Capilene, Silk, Thermax, etc., no cotton  Top and long underwear	Most of the time		2	\$80.00	\$320.00
Warm layer	Wool or Fleece, no cotton  A down jacket also works well given, you are able to keep it dry in any conditions (usually more expensive approx. 250 Cad)	often		1-2	\$70.00	\$140.00

Waterproof shell with hood (Rain Jacket)	<p>Gore-tex or similar, waterproof-breathable or just waterproof, should be heavy duty, does not need to be insulated.</p> <p>It's better to have a good gore-tex or similar jacket for the mountain trips. For Sea kayaking and other trips rubber rain gear works great but is heavier.</p>	often		1	\$300.00	\$300.00
Underwear	Polypropylene, Capilene, Silk, Thermax, wool, synthetic blend, etc., <b>no cotton</b>	often		2-3	\$40.00	\$80.00
T-shirts	Quick dry, no cotton	often		2+	\$50.00	\$100.00





Sunshirt	UVP protection, long sleeve, bright colour and hooded recommended by former students	often	  	2+	50	100
Warm Pants	<p>1 pair fleece or wool (Optional, but a very good idea for those that get cold), no cotton</p> <p>There are also more expensive fibre filled or down pants available.</p>	At times when it gets cold		1	\$60.00	\$60.00
Hiking Pants	1 pair Nylon quick dry, breathable wind pants, no cotton	often		1+	\$130.00	\$130.00





Waterproof Shell Pants (Rain pants)	<p>Gore-tex or similar. Preferably have zips to enable fitting without removing boots but not required.</p> <p>Rubber rain pants of good quality like Helly Hansen are nice but heavy. They are better for the sea kayak trips but not so good for the mountain trips.</p>	often		1	\$100.00	\$100.00
Shorts	Hiking shorts, quick dry	often		1-2	\$60.00	\$120.00
Gloves or Mittens	<p>Wool, fleece or polypropylene (Windstopper fleece is excellent), or wool or fleece mittens. Ski gloves are acceptable, but should be heavy duty</p> <p>We use the glove mainly on our mountain trips, where you might encounter wet snow.</p>	sometimes	 <p>Fleece Mittens</p> 	2	\$15.00	\$30.00

Gloves or Mittens	<p>Water resistant mitten shells Gore-tex or coated nylon / cordura shell to be worn over mitts if your main gloves or mittens are not waterproof or heavy duty.</p> <p>Some students might find waterproof fishing gloves helpful, they are usually cheap but stay wet when they get wet.(approx. 20 cad)</p>	A few days		1	\$65.00	\$65.00
Toque and/or Balaclava	Fleece is acceptable. Lightweight polypro/fleece balaclava is handy to wear under a paddling or climbing helmet.	often		1	\$35.00	\$35.00
Sun Hat	Wide brimmed or baseball cap	often		1	\$20.00	\$20.00
Swimsuit	What is comfortable	often		1	\$40.00	\$40.00
Farmer John/Jane Wetsuits	<p>3 mm neoprene suitable for sea kayaking, white water canoeing and kayaking (long legs, no arms) <b>A wetsuit needs to be tight fitting.</b></p> <p>COLT has some for rent but having your own would insure better quality. <b>(Rental fee for the entire course is: 60 CAD)</b></p>	For kayaking and depending on weather		1	\$130.00	\$130.00
Drytop / Paddling Jacket	<p>Waterproof paddling jacket that has tight neck and wrist gaskets. Recommended by students: proper dry top (more expensive)</p> <p>COLT only has very basic paddling jackets, that have seen some use and are not suitable for white water and rougher</p>	For kayaking		1	\$160.00	\$160.00



Socks	Wool or fleece	often		2-3	\$30.00	\$90.00
Liner socks	Thin socks that go inside your socks. Can be a good option to prevent blisters.	depends		2	\$15.00	\$30.00
Gaiters (Strongly recommended for the Spring group)	To be worn over top of boots. Coated nylon or Gore-tex acceptable. Not required if you have good pants or do not ordinarily use them. Outdoor Research is a good brand for Gaiters. Recommended for the Spring program as you will be travelling in snow. Also a good item to protect your expensive rain pants from getting cut when using crampons.	Depending on the weather		1	\$140.00	\$140.00
Mountain boots	For mountain boots, a sturdy pair with at least 1/2 shank and high rand are required. Test boots with the socks (1 or 2 pairs) you will be wearing. <b>Boots must be able to hold strap-on crampons. (two days min.)</b>  Lightweight hiking boots are nice for the general mountain travel portion but might not adequate for crampons.  <b>Please check in with the COLT</b>	Mountain trips		1	\$300.00	\$300.00



	<p><b>Director if you cannot fit into a mountain boot!</b></p> <p>There is no need to buy a full shank mountain boot unless you know that you will become a mountain</p>					
NO Keen-like shoes please! Crampons do not fit on them	<p>Students with Keen-like boots can not fit crampons on and therefore can not come onto the glacier! This includes soft light hiking boots!</p> <p>Feel free to bring Keens and light hikers for other uses.</p>			-1		
Rock climbing shoes	<p>Please make sure that your rock climbing shoe is a snug fit similar to a well fitted glove. Some students show up with too big of a rock shoe and have to buy another pair later on. <b>Do not buy them too small</b> either, there should be no pain, rather some light pressure. If possible there should be no space between toes and the tip of the shoe. COLT has a limited supply of climbing shoes for rent, Having your own will insure better quality and better fit. <b>(Rental fee for the entire course is 80 CAD)</b></p>	13 days		1 pair	\$120.00	\$120.00




Neoprene Booties For paddling	Neoprene booties (pot. Not surf neoprene shoes) with <b>sturdy sole</b> (think walking on slippery rocks and in fast flowing rivers) We recommend the higher cuff/high top style that protects your ankle.	20+ days		1 pair	\$30.00	\$30.00
and/ or	<b>Neoprene socks</b> with old running shoes also work very well.			1 pair	\$20.00	\$20.00
Gumboots			Essential for river and ocean tripping for rainy camp days. If you have them, bring them. It is possible to buy cheap gumboots in Campbell River.	1 pair	\$30.00	\$30.00

## Expedition Gear


Bivouac-Sack (Bivy)	Good quality waterproof breathable sleeping bag cover with taped seams and insect screen. Gore-tex or similar fabric (we do many trips without tents). This is not a one personal tent, but many students like the bivy sacks that come with small poles.	often		1	\$220.00	\$220.00
Sleeping Pad	Closed-cell foam ensolite or equivalent. Minimum 14mm thick. Inflatable pads are excellent, but also require a repair kit and stuff-sack.  If you do bring an inflatable pad you must bring a repair kit!	often		1	\$100.00	\$100.00



Sleeping bag	<p>Good quality 3-season, rated -10C ish if you get cold easily, otherwise in the -5C ish range might be warm enough. Synthetic fill (fibrefill, Dacron, Polarguard, Hollofill, Qualofill, Lite-loft) are preferred over down for our wet coastal climate.</p> <p>If you bring a down bag, it is vital it be kept dry (waterproof outer is recommended), and a bivy-sack is a must.</p> <p>Make sure to get a sleeping bag that does pack not too big. You have to fit it into your backpack with other gear!</p>	often		1	\$250.00	\$250.00
Dry Bag/Stuff sack	<p>Minimum 1* that fits your sleeping bag 1*15 liter 4*10 liter (important for sea kayak trip, bigger bags will not fit into storage compartment)</p> <p>Plus extra stuff sacks of different sizes can be useful (5L, 10L, 15L, can be more or less, depending on personal preferences) the smaller in size the easier it is to pack it in your backpack. Can also be waterproofed for sea kayaking.</p>	20+ days		> 6	\$20-30	\$120.00


Backpack 55 - 65L	<p>Backpack Large internal frame pack 55- 65 litre capacity (less than 65 might not be sufficient).</p> <p>Best way to find out if the size is good enough, try to fit in all your camping gear and some clothing into your bag, if there is still space for some group gear and food the bag will be big enough.</p>	often		1	\$250.00	\$250.00
Hiking poles collapsible	<p>Hiking poles are great to protect you from long term injury during long hikes with heavy loads. Also great for stretcher building and needed for first aid scenarios</p>	Often		1 pair	\$95.00	\$95.00
Daypack 20-35L	<p>For Day trips and the Squamish trip a must! Some students bring a super packable daypack. There are even some waterproof options out there which are good to have for river trips.</p>	someti mes		1	\$100.00	\$100.00
Plastic Garbage bags	<p><b>Heavy duty works best.</b> Used to waterproof equipment and clothing</p>		<p>Better get a few heavy duty garbage bags than a lot of shitty thin ones. (we are talking the big grey ones)</p>	10	\$10.00	\$10.00








Water bottle	at least 1L Wide mouth Nalgene or Aluminium works best	often		1	\$16.00	\$16.00
Headlamp	(hands free) with spare batteries, Look for waterproofness. >350 Lumen is nice.	ofte		1	\$50.00	\$50.00
Pocket knife	Leatherman or Swiss army knife type with locking blade is best	someti mes		1	\$100.00	\$100.00
Compass	Silva Ranger type is best, Silva Type 3 or equivalent is fine. Look for a sighting mirror.  <p>this one is the absolute minimum.</p>	Must bring	 <p>this one is better!</p> <p>not suitable for us!</p>	1	\$30.00	\$30.00




Eating Utensils	Unbreakable Cup, bowl and spoon. Insulated mug is nice to have.			1 of each	\$10.00	\$30.00
Lighter	To light campfires and backpacking stoves			2	\$1.00	\$2.00
Whistle				1	\$5.00	\$5.00

## Miscellaneous

Sunscreen and Lip Balm	Waterproof sunscreen with minimum SPF 40. Lip Balm with sunblock			1 of each	\$15.00	\$25.00
Personal First Aid Kit	<p>Band-Aids, blister material such as moleskin, medical tape, aspirin etc. • Toilet Articles Toothbrush, toothpaste, soap, shampoo, razor &amp; blades, shaving cream, tampons, etc.</p> <p>Plus at <b>least three roles of M3 micropore</b> (the tape they use to hold the cotton ball on, when donating blood), used for blister care!</p>			1	\$16.00	\$16.00
Bathroom Kit Bag or Container	A place to store TP, Tampons, Diva Cup, Pads, Handsanitizer		Assign a small container or waterproof bag for these items if you are planning to use them. An empty peanut butter jar works well.	1		
Prescription Glasses and Contact Lenses			<p>If you wear them, bring a spare set.</p> <p>Contact wearers should bring a pair of glasses as a backup and enough contact lenses for the duration of the course.</p>	2		
Watch	Waterproof is suggested, alarm is a must			1	\$30.00	\$30.00
Paperwork and Pencils	Notebook/Journal/Pencil, writing paper, envelopes, pens		Rite in the Rain books are useful. You will be expected to take notes in order to maximize your learning	1	\$15.00	\$15.00
Duct Tape	For miscellaneous repairs. Available at hardware or building supply stores.			1	\$5.00	\$5.00

Equipment Maintenance products	Sno Seal/ Scotchgard/ Nikwax To waterproof leather boots and outerwear			1	\$10.00	\$10.00
Log book	Has to be professionally bound (no ring bound), rite in the rain.  Model 311FX can be purchased at SPL			1	\$8.00	\$8.00
Small hand sanitizer and soap bottle			Bring a small container and fill up soap and hand sanitizer for outtrips.	1		
Personal hygiene stuff	Soap, Shampoo, Toothbrush etc.		For the outtrips it's nice to have a small tube of toothpaste.	1		
<b>Other optional Items</b>						
Battery powered alarm clock	Not necessary if your phone has an alarm clock.			1	\$50.00	\$50.00
Camera	Waterproof or waterproof case is suggested.			1	\$200.00	\$200.00
Chair Therm-a-rest or Crazy Creek type	For basecamps			1	\$120.00	\$120.00
Climbing helmet	Must be UIAA approved. COLT will provide rock climbing helmets			1	\$80.00	\$80.00
Bath towel and hand towel	quick drying is helpful, the lodge will provide towels for on-site use			1		\$20.00

Expedition sewing kit with awl.	Found in most outdoor shops, can be put together by yourself.			1	\$12.00	\$12.00
Gore-Tex Socks	Excellent for keeping feet dry on long mountain trips in the snow.			1 pair	\$70.00	\$70.00
Lightweight Hiking boots	Make sure you find something comfortable, ideally Gore-tex			1 pair	\$130.00	\$130.00
Pogies or thin neoprene gloves	Hand covers for paddling, recommended  Some people like waterproof fishing or gardening gloves			1 pair	\$25.00	\$25.00
Rock climbing harness	Must be UIAA approved and in good conditions (not older than 10 years)		COLT will provide rock climbing harnesses	1	\$75.00	\$75.00
Small binoculars				1	\$30.00	\$30.00
South-western rain hat	Great for BC weather			1	\$50.00	\$50.00
Swimming goggles	For kayak rolling practices			1	\$15.00	\$15.00
Dromedary water bag	Some people prefer a hydration system like this			1	\$30	\$30

Map case or large ziplock bag	Will help to keep your paperwork dry in rainy trips, does store log books etc. as well			1	\$24.00	\$24.00
Knee pads	Volleyball type to protect knees while paddling (for kneeling in canoes), soft once are better.			1	\$40.00	\$40.00
Nose-clips/plug	To practise kayak rolling.			1	\$7.00	\$7.00
Insect Repellent	Or bug net for your face		If you do elect to bring insect repellent, it's worth bringing some containing Deed, but it's bad for plastic and your skin.... Do your research!		\$10.00	\$10.00
Crocs style shoes	Based on feedback from students. This might be a good camp shoe option for some trips.					
Lifestraw or other water filter system	COLT will provide AquaTab chlorine based water purification. Some students might prefer a filter over chemicals.					
Compression straps (optional)	To fasten items to the side of pack			2		

Personal Coffee making device	If you are a coffee addict you might want to invest into a one person bodum.			1	\$16	\$16
Laptop/Phone	For online course work					

**Please contact us if you have any questions before you go shopping!**

### **Gear checklist for printing with check box.**

Base Layer	2□	Gumboots (semi- optional)	1 p.□	Duct Tape	1□
Warm layer	2□	Bivouac-Sack (Bivy)	1□	Sno Seal/ Scotchgard	1□
Waterproof shell with hood (rain jacket)	1□	Sleeping Pad	1□	Log book	1□
Underwear	1-2□	Sleeping bag	1□	Small hand sanitizer + soap bottle	1□
T-shirts	2+□	Dry Bag/Stuff sack	>6□	Personal hygiene stuff	□
Warm Pants	1□	Backpack 55 - 65L	1□	Battery powered alarm clock (opt.)	1□
Hiking Pants	1+□	Hiking poles collapsible	1 p.□	Camera (opt.)	1□
Waterproof Shell Pants (rain pants)	1□	Daypack 20-35L	1□	Candle Lantern (opt.)	1□
Shorts	1-2□	Compression straps (optional)	2□	Packable Camp Chair (opt.)	1□
Gloves or Mittens	2□	Plastic Garbage bags	10□	Climbing helmet (opt.)	1□
Gloves or Mittens	1□	Water bottle	1□	Bath towel and hand towel (opt.)	1□
Wool Cap and/or Balaclava	1□	Headlamp	1□	Expedition sewing kit (opt.)	1□
Neoprene paddling cap and Sun Hat	1□	Pocket knife	1□	Gore-Tex Socks (opt.)	1 p.□
Swimsuit	1□	Compass	1□	Lightweight Hiking boots (opt.)	1 p.□
Farmer John/Jane Wetsuits	1□	Camping Eating Utensils (spoon,fork,knife)	1 ea.□	Pogies or thin neoprene gloves (opt.)	1 p.□
Paddling Jacket	1□	Lighter	2□	Rock climbing harness (opt.)	1□
Drysuit or long sleeve wetsuit (optional)	1□	Whistle	1□	Small binoculars (opt.)	1□
Hiking Socks	2-3□	Sunscreen and Lip Balm	1 ea.□	South-western rain hat (opt.)	1□
Liner socks	2□	Personal First Aid Kit	1□	Swimming goggles (opt.)	1□
Gaiters	1□	Personal Coffee making device (opt.)	1□	Dromedary water bag (opt.)	1□
Mountain boots	1□	Bathroom Kit Bag or Container	1□	Map case or large ziplock bag (opt.)	1□
Rock climbing shoes	1 p.□	Prescription Glasses and Contact Lenses	2+□	Knee pads (opt.)	1p.□
Neoprene Booties For paddling	1 p.□	Watch	1□	Nose-clips/plug (opt.)	1□
and/ or Neoprene Socks and old Running Shoes	1 p.□	Notebook/Journal/Pencil, writing paper, envelopes, pens	1□	Insect Repellent (opt.)	□
Sunshirt	2□				