

## COLT Clothing and Equipment List

Most gear can be purchased at specialised gear stores such as Mountain Equipment Coop (MEC) and 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. Call us if you have any questions.

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, stoves, tents, ropes, boats, 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.

#### 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.

#### 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	Sample Picture	Quantity	Approx. Price per unit CAD\$	Approx. Total CAD\$
Base Layer	Merino wool, Polypropylene, Capilene, Silk, Thermax, etc.		2	\$70.00	\$140.00

Warm layer	Wool or Fleece		2	\$70.00	\$140.00
Waterproof shell with hood	Gore-tex or similar, waterproof-breathable or just waterproof, should be heavy duty, does not need to be insulated		1	\$250.00	\$250.00
Underwear	Polypropylene, Capilene, Silk, Thermax, wool, synthetic blend, etc.		1-2	\$40.00	\$80.00

					
T-shirts	Quick dry, No cotton		2 or more	\$50.00	\$100.00
Warm Pants	1 pair fleece or wool (Optional, but a very good idea for those that get cold)		1	\$60.00	\$60.00

Pants	1 pair Nylon quick dry, breathable wind pants		1	\$130.00	\$130.00
Waterproof Shell Pants	Gore-tex or Gore-tex knock off. Preferably have zips to enable fitting without removing boots but not required. Or rubber rain pants of good quality like Helly Hansen.		1	\$80.00	\$80.00
Shorts	Hiking shorts, quick dry		1-2	\$60.00	\$120.00

Gloves or Mittens	Wool, fleece or polypropylene (Windstopper fleece is excellent), or wool or fleece mittens. Ski gloves are acceptable, but should be heavy duty and	 <p style="text-align: center;">Fleece Mittens</p>	1	\$15.00	\$15.00
Gloves or Mittens	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.		1	\$65.00	\$65.00
Wool Cap and/or Balaclava	Fleece is acceptable. Lightweight polypro/fleece balaclava is handy to wear under paddling or climbing helmet.		1	\$35.00	\$35.00
Sun Hat	Wide brimmed or baseball cap		1	\$20.00	\$20.00
Swimsuit	What is comfortable		1	\$40.00	\$40.00

Farmer John/Jane Wetsuits	3 mm neoprene suitable for kayaking and canoeing (long legs, no arms) There are also some available at the Lodge that can be borrowed, having your own would insure better quality (rental fee may apply). A wetsuit needs to be tight fitting		1	\$130.00	\$130.00
Paddling Jacket	Waterproof Jacket Waterproof with tight neck cuffs. A drytop /wetsuit combination is best. There are also some available at the Lodge that can be borrowed, having your own would insure better quality (rental fee may apply)		1	\$160.00	\$160.00
Drysuit or long sleeve wetsuit		<p>During your surf kayak trip to Tofino and the 2 day white water rescue course you will be in cold water a lot. A Drysuit or long sleeve wetsuit 4/5 mm, will allow you to stay in the water longer and warmer. They are more expensive and if you are not sure if water sports are your thing it might not be worth to invest into one. If there is a chance to borrow one from a friend it is highly recommended. Rental of a drysuit for the two day rescue course is about \$60.</p>			
<b>Footwear</b> (Break in footwear before you arrive. You spend a lot of time in boots and shoes; it's worth spending time and money to get the best fit)					
Socks	Wool or fleece		2-3	\$30.00	\$90.00
Liner socks	Thin socks that go inside your socks		2-3	\$20.00	\$60.00

<p>Gaiters</p>	<p>Optional - To be worn over top of boots. Coated nylon or Gore-tex acceptable. No 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</p>	 <p>AWARD WINNER</p>	<p>1</p>	<p>\$140.00</p>	<p>\$140.00</p>
<p>Mountain boots</p>	<p>Plastic boots are often used for the spring sessions but not needed for the summer or fall. For leather 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 crampons.</b> Lightweight hiking boots are not adequate.</p> <p>Please check in with the COL Director if you cannot fit into a mountain boot!</p>	 <p>SAVE 45 %</p>	<p>1</p>	<p>\$300.00</p>	<p>\$300.00</p>

<p>NO Keen-like shoes please! Crampons do not fit on them</p>	<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>Rock climbing shoes</p>	<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.</p>		<p>1 pair</p>	<p>\$120.00</p>	<p>\$120.00</p>
<p>Neoprene Booties For paddling</p>	<p>Neoprene booties or Neoprene socks with running shoes also works very well.</p>		<p>1 pair</p>	<p>\$30.00</p>	<p>\$30.00</p>
<p>OR</p>	<p>Neoprene socks with running shoes also works very well.</p>		<p>1 pair</p>	<p>\$20.00</p>	<p>\$20.00</p>
<p>Gumboots (optional)</p>	<p>Some students feel these are essential for the cold water canoeing and kayaking. For summer they are nice but not mandatory. For fall, they are pretty darn nice as we do a lot of water courses in November. Some students may not want to purchase</p>		<p>1 pair</p>	<p>\$30.00</p>	<p>\$30.00</p>

them, but if you have them, bring them. It is possible to buy cheap gumboots in Campbell River.

## 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.



1

\$220.00

\$220.00

Sleeping Pad

Closed-cell foam ensolite or equivalent. Minimum 14mm thick. Inflatable pads are excellent, but also require repair kit and stuff-sack.



1

\$100.00

\$100.00

<p>Sleeping bag</p>	<p>Good quality 3-season, rated -15C to -10C if you get cold easily, otherwise in the -5C - -10C range might be warm enough. Synthetic filled (fibrefill, Dacron, Polarguard, Hollofill, Qualofill, Lite-loft) are preferred over down for our wet coastal climate. 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>1</p>	<p>\$250.00</p>	<p>\$250.00</p>
<p>Dry Bag/Stuff sack</p>	<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 Different size can be useful (5L, 10L, 15L, can be more or less, depends 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>		<p>min 6</p>	<p>20-30</p>	<p>\$120.00</p>

<p>Backpack 65-75L</p>	<p>Backpack Large internal frame pack 65-75 litre capacity (less than 65 might not be sufficient). 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 the bag will be big enough.</p>		<p>1</p>	<p>\$250.00</p>	<p>\$250.00</p>
<p>Hiking poles collapsible</p>	<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>		<p>1 pair</p>	<p>\$95.00</p>	<p>\$95.00</p>
<p>Daypack 20-35L</p>	<p>For Day trips and the Squamish trip a must!</p>		<p>1</p>	<p>\$100.00</p>	<p>\$100.00</p>
<p>Compression straps</p>	<p>To fasten items to the side of pack (optional)</p>		<p>2</p>		

Plastic Garbage bags	Heavy duty works best. Used to waterproof equipment and clothing		1 box	\$10.00	\$10.00
Water bottle	at least 1L wide mouth Nalgene or Aluminium works best		1	\$16.00	\$16.00
Headlamp	(hands free) with spare batteries		1	\$50.00	\$50.00
Pocket knife	Leatherman or Swiss army type with locking blade is best		1	\$100.00	\$100.00
Compass	Silva Ranger type is best, Silva Type 3 or equivalent is fine. Look for sighting mirror.		1	\$30.00	\$30.00
Eating Utensils	Unbreakable Cup, bowl and spoon. Insulated mug is good		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
<b>Miscellaneous</b>					
Sunscreen and Lip Balm	Waterproof sunscreen with minimum SPF 40. Lip Balm with		1 of each	\$15.00	\$25.00

	sunblock				
Personal First Aid Kit	Band-Aids, blister material such as moleskin, tape, aspirin etc. • Toilet Articles Toothbrush, toothpaste, soap, shampoo, razor & blades, shaving cream, tampons, etc.			\$16.00	\$16.00
Prescription Glasses and Contact Lenses	If you wear them, bring a spare set. Contact wearers should bring a pair of glasses as a backup. No price is put here because we assume that you would have your own personal glasses or contacts already and wouldn't have to spend more money		2	\$0.00	\$0.00
Watch	Waterproof is suggested, alarm is a must		1	\$30.00	\$30.00
Knee pads	Basketball type to protect knees while paddling (for kneeling in canoes)		Optional	\$40.00	\$40.00
Nose-clips	To practice Eskimo rolling in Kayaks		Optional	\$7.00	\$7.00
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	small roll for miscellaneous repairs. Available at hardware or building supply stores.		1	\$5.00	\$5.00
Insect Repellent			Optional	\$10.00	\$10.00
Sno Seal/Scotchgard	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
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### Optional

Battery powered alarm clock	Not necessary if your phone has an alarm clock.		1	\$50.00	\$50.00
Camera	Waterproof or with waterproof case is suggested.		1	\$200.00	\$200.00
Candle Lantern	With spare candles for long nights.		1	\$30.00	\$30.00
Chair Therm-a-rest or Crazy Creek type	For basecamps		1	\$120.00	\$120.00
Climbing helmet	Must be UIAA approved.		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		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		1 pair	\$25.00	\$25.00
Rock climbing harness	Must be UIAA approved and in good conditions		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
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
				<b>Total</b>	<b>\$5030.00</b>

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