

Climb High

Outdoor Adventure Program

Participant equipment list

Participants are expected to provide the following equipment for themselves, or an acceptable substitute after discussion with the instructor. There is a lot of equipment floating around in Smithers; it is probably possible to borrow specialized items.

Synthetic fabrics are repeatedly specified here because they don't absorb much water and dry fast. Wearing cotton instead of synthetics or wool can cause problems from discomfort to life-threatening heat loss in adverse conditions.

General clothing

- synthetic liner socks
- synthetic or wool outer cushiony socks
- synthetic underwear
- synthetic or wool long underwear top and bottom
- synthetic pants for hiking
- synthetic or wool t-shirt
- windbreaker
- fleece jacket
- warm jacket
- rain jacket and pants
- gaiters (we have 2 pairs to lend already)
- warm toque
- neck warmer
- thin gloves
- warm gloves or mitts
- sun hat

Accessories and Toiletries

- sunglasses
- ski goggles
- sunscreen
- bug repellent
- headlamp
- compass
- water bottle(s) at least 1 litre capacity
- packable towel/washcloth
- toilet paper/lighter/sanitizer

Backpacking

- reasonably compressible sleeping bag (winter bag or overbag for winter camping)
- sleeping pad (blow up type is best)
- daypack
- overnight pack (at least 60 litre volume)
- hiking boots
- plastic bowl, cutlery, knife
- possibly a tent (we have 2 to lend)

Water

- protective footwear that can get wet (old running shoes work fine)
- personal floatation device (pfd)
- dry bags sufficient to hold overnight gear (we have some to lend)
- swim shorts
- hopefully someone in the group has a canoe we can use

Mountain

- sturdy boots suitable for crampons

Rock Climbing

- pants and shorts that allow freedom of movement

Winter

- warm winter boots (could use our ice climbing boots if desired)
- ski touring boots and poles
- possibly touring skis (we have 3 pairs to lend)

EdGE Learning Centre and/or the instructor will provide

- all specialized rock climbing equipment
- all specialized ice climbing equipment, including boots
- crampons, helmets and rope safety equipment for mountain travel
- 1 folding sea kayak and paddles
- snowshoes
- alpine touring skis (3 pairs)
- tents if participants do not have access to suitable ones
- group tarp
- camp stoves and pots if participants don't have suitable ones
- first aid kits
- maps
- transportation from Smithers