

Equipment for Skills Weekends

The Summer in the Mountains course includes two separate skills weekends known as the “Snow School” and the “Rock School”. The skills taught on these two weekends, along with the environment and weather, are very different from one another. Below is a list of equipment that you will need to bring on each weekend. Items that may be rented are listed as such. Rentals are readily available at Mountain Equipment Co-Op in Edmonton. In addition to that location, rentals can also be found in Jasper, Banff, Canmore and Calgary. Despite this, it is strongly recommended that any rentals be arranged in Edmonton rather than elsewhere, so as to cut down on delays over the course of the weekends.

Equipment for the Snow School

Technical Equipment

- UIAA / CE Certified Seat Harness
- Mountaineering Ice Axe (NOT Technical Ice Tools) (Rental)
- UIAA / CE Certified Climbing Helmet (Rental)
- Appropriate Climbing / Stiff Hiking Boots (Rental)
- Complete set of Purcell Prusiks (Total 3)
- (3) Locking Carabiners (Any Locking Mechanism)
- (1) Triple-Action Locking Carabiner
- (1) Sewn Sling, Min. 22 kN (120 cm)
- (1) Pulley (Min. 20 kN) OR DMM Revolver Locking Carabiner (Optional)
- Chest Harness OR 3-4 m of 1” Tubular Webbing (Optional)

Clothing

- Dark Sunglasses OR Ski Goggles
- Sunscreen (Min. SPF 30)
- Lip Balm c/w Sunscreen (Min. SPF 15)
- Gaiters
- (2) Pairs of Gloves (Water Resistant / Waterproof Recommended)
- Ball Cap or other Hat
- Toque
- Undergarments
- Long Underwear
- Insulative Clothing
- Waterproof Jacket
- Waterproof Pants
- Wind Shirt
- Wind Pants
- (2) Pairs of Socks

Other

- Water Bottle
- Thermos (Optional)
- Blister Kit (Small First Aid Kit)
- ~30 L Backpack (Large Enough to Carry Everything) (Rental)

Camping Equipment

- Tent (Rental)
- Sleeping Bag (Rental)
- Sleeping Mat (Therm-a-Rest or Similar) (Rental)
- Pillow (Optional)
- Stove
- Dishes
- Cutlery
- Pots/Pans
- Toiletries
- Headlamp
- Lounge Clothes
- Cooler (if Req'd for Food Storage)
- Potable Water (Camp Well may be Frozen)

Food

- (2) Breakfasts
- (2) Lunches (To be Carried During the Day)
- Friday and Sunday Dinner (Typically Fast Food on the Road)

Equipment for Rock School

Technical Equipment

- UIAA / CE Certified Seat Harness
- Belay/Rappel Device
- Rock Climbing Shoes (Rental)
- UIAA / CE Certified Climbing Helmet (Rental)
- Running Shoes or Hiking Boots (Rental)
- Complete set of Purcell Prusiks (Total 3)
- (3) Locking Carabiners (Any Locking Mechanism)
- (1) Triple-Action Locking Carabiner
- (1) Sewn Sling, Min. 22 kN (120 cm)
- Chalk Bag (Optional)
- Leather Belay Gloves (Optional)

Clothing

- Sunglasses
- Sunscreen (Min. SPF 30)
- Lip Balm c/w Sunscreen (Min. SPF 15)
- Ball Cap or other Hat
- Undergarments
- T-Shirt
- Insulative Clothing
- Waterproof Jacket
- Waterproof Pants
- Wind Shirt
- Wind Pants
- (2) Pairs of Socks

Other

- Water Bottle
- Thermos (Optional)
- Blister Kit (Small First Aid Kit)
- ~30 L Backpack (Large Enough to Carry Everything) (Rental)

Camping Equipment

- Tent (Rental)
- Sleeping Bag (Rental)
- Sleeping Mat (Therm-a-Rest or Similar) (Rental)
- Pillow (Optional)
- Stove
- Dishes
- Cutlery
- Pots/Pans
- Toiletries
- Headlamp
- Lounge Clothes
- Cooler (if Req'd for Food Storage)

Food

- (2) Breakfasts
- (2) Lunches (To be Carried During the Day)
- Friday and Sunday Dinners (Typically Fast Food on the Road)
- Saturday Dinner (Cooked in Camp)