

COLT EQUIPMENT LIST

Canadian Outdoor Leadership Training Semesters (COLT)

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The following is a list of clothing and equipment that you are required to bring for the semester. For your own comfort and safety, it is important that you understand each item and its use. COLT will supply most technical and camping gear such as ice axes, crampons, stoves, tents, ropes, etc.

As you can see this is an extensive and expensive list. If you are unable to acquire certain items, it is likely they can be mail-ordered on your arrival from suppliers in Campbell River and/or Vancouver, BC 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.

CLOTHING

- Layering is the most effective way to keep warm in the outdoors. You should wear a wicking layer made of polypropylene, Capilene, silk, Thermax or another fabric to keep moisture away from your skin. Next are two layers of more insulating layers of wool or fleece. On the outside is a waterproof and windproof protective Gore-tex or other material.
- Underwear 1-2 pairs tops and bottoms. e.g. Polypropylene, Capilene, Thermax, Silk wool, wool/ synthetic blend.
- T-shirts At least 2.
Jackets/Sweaters 2 fleece jackets or sweaters.
- Wool shirts and sweaters are acceptable.
- Waterproof Shell w/hood. Can be a breathable/waterproof materials such as Gore-Tex, or a completely waterproof, but not breathable material. Should be heavy duty and sturdy. Does not need to be insulated.
- Trousers 2 pairs. 1 pair fleece but wool is acceptable. 1 pair nylon quick dry, breathable wind pants, such as the MEC Rad Pants.
- Waterproof Shell Trousers Preferably with zips to enable fitting w/out removing boots.
- Shorts 1-2 pair hiking shorts, quick-drying.
- Gloves or Mittens 2 pair, either wool, fleece or polypro gloves (Windstopper fleece is excellent), or wool or fleece mittens. Ski gloves are acceptable, but should be heavy duty and 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.
- Wool Cap and/or Balaclava Fleece is acceptable. Lightweight polypro/fleece balaclava is handy to wear under paddling or climbing helmet.
- Sun Hat Wide-brimmed hat or baseball cap works well.
- Swimsuit
- Farmer John/Jane Wetsuit 3 mm neoprene suitable for canoeing and kayaking (long legs, no arms).
- Paddling Jacket or extra Coated-Nylon Waterproof Jacket Waterproof with tight neck cuffs. A drytop /wetsuit combination is best.
- Sunglasses With dark lenses that filter UV radiation. Polarized ones are best. Side flaps are good for early summer.

FOOTWEAR

- Socks 2-3 pair good quality wool or fleece socks. 2-3 pair of liner socks (if needed for proper fit).
- Gaiters Worn over top of boots. Coated nylon or Gore-tex acceptable. Not required if you have good pants or do not ordinarily use them.
- Running Shoes 1 sturdy pair for wearing in camp and around the Lodge, and short hikes to rock sites. 1 old pair may be used as paddling shoes.
- Mountain Boots 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. Boots must be able to hold crampons. Lightweight hiking boots are not adequate, except for the fall courses or special circumstances such as inability to fit other types of boots. Call us if you have questions.
- Rock climbing Shoes Your technical rock shoes, should fit comfortably, preferably with a light sock worn with them. They should be an "all around" shoe that is good for a variety of conditions. DO NOT BUY YOUR SHOES TOO TIGHT! Do not let a salesperson convince you that you should have excessively tight shoes.
- Neoprene Booties For paddling, Neoprene socks with running shoes also works very well.

EXPEDITION GEAR

- Backpack Large internal frame pack 70-80 litre capacity with large side pockets are best (less than 70 is not sufficient).
- Daypack 20-35 litre capacity for day trips.
- Compression Straps 2 for fastening items to side of packs-optional.
- Stuff Sacks 3 or more to help organise items in your pack.
- Plastic Garbage Bags For waterproofing equipment and clothing.
- Water Bottle 1 litre wide mouth Nalgene or aluminum works best.
- Headlamp Petzl-type (hands-free), with spare batteries or medium hand held.
- Pocket-knife Leatherman or Swiss Army knife with locking blade is best.
- Compass Silva Ranger type is best, Silva Type 3 or equivalent is fine. Look for sighting mirror.
- Eating Utensils Unbreakable cup, bowl and spoon. Insulated mug is good.
- Bic Lighter For lighting campfires and backpacking stoves.
- Whistle

SLEEPING GEAR

- Sleeping Bag Good quality 3-season, rated -15 to -10C. 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.
- 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.
- Sleeping Pad Closed-cell foam ensolite or equivalent. Minimum 14 mm thick. Therm-A-Rest pads are excellent, but also require repair kit and stuff-sack.

MISCELLANEOUS GEAR

- Sunscreen and Lipbalm Waterproof sunscreen with minimum SPF 15. Lipbalm with 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.
- Prescription Glasses and Contact Lenses If you wear them, bring a spare set. Contact wearers should bring a pair of glasses as a back up.
- Towel Bath towel and a hand towel.
- Watch: Waterproof is suggested, alarm is a must.
- Knee Pads Basketball-type to protect knees while paddling (kneeling in canoes). Optional, but nice to have.
- Nose-clips For practising Eskimo-rolling in kayaks-optional.
- Notebook/ Journal and Pencil Also writing paper, envelopes, pens. 'Rite in the Rain' notebooks are useful. You will be expected to take notes in order to maximize your learning.
- Duct Tape 1 small roll for miscellaneous repairs. Available at hardware or building supply stores.
- Insect Repellent
- Snow Seal/Scotchguard To waterproof leather boots and outerwear.

OPTIONAL EQUIPMENT

- Alarm Clock Wind-up. Sometimes there will be no electricity.
- Camera and Film Waterproof or with waterproof case is suggested.
- Candle Lantern With spare candles for long nights.
- Chair Therm-a-rest or Crazy Creek type, for basecamps.
- Climbing Helmet Must be UIAA approved.
- Collapsible Ski Poles For mountain trips, advisable for participants with knee, back and ankle problems.
- Dry Bags/Extra Stuff Sacks/Compression Stuff Sacks and Plastic Bags For river and ocean trips.
- Expedition Sewing Kit With awl. Found in most outdoor shops.
- Gore-Tex Socks Excellent for keeping feet dry on long mountain trips in the snow.
- Gum or Rain Boots 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 them, but if you have them, bring them. It is possible to buy cheap gum boots in Campbell River.
- Lightweight Hiking Boots
- Pogies or thin Neoprene Gloves Hand covers for paddling, recommended.
- Rockclimbing Harness Must be UIAA approved and in good condition.
- Small Binoculars
- South-western Rain Hat These are great for BC weather.
- Swim Goggles For rolling practice.