

Colt Program Equipment List and Cost Estimates

	Item	What is it made out of/What is its purpose	Number	approx. Price per unit CAD\$	approx. Total CAD\$
Clothing	Base layer	Wool, 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
	Trousers	1 pair fleece or wool	1	\$60.00	\$60.00
		1 pair Nylon quick dry, breathable wind pants such as MEC Rad Pants	1	\$130.00	\$130.00
	Waterproof Shell Trousers	Gore-tex or Gore-tex knock off. Preferrably have zips to enable fitting w/out 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	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	1	\$15.00	\$15.00
	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 rented, having your own would insure better quality	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	1	\$160.00	\$160.00
	Sunglasses	Dark lenses that filter UV radiation, Polarized are best, side flaps are good for early summer	1	\$50.00	\$50.00
				Total	\$1,615.00
Footwear	Socks	Wool or fleece	2-3	\$30.00	\$90.00
	Liner socks	Thin socks that go inside your socks (in need for proper fit)	2-3	\$20.00	\$60.00
	Gaiters	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	1	\$140.00	\$140.00
	Running shoes	Shoes to wear around camp, around the lodge, on short hikes to rock sites) 1 old pair may be used as paddling shoes	1-2	\$60.00	\$80.00

Mountain boots	<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. 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.</p>	1	\$300.00	\$300.00
Rock climbing Shoes	<p>Your technical rock shoes, should fit comfortably, 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. There should be no pain! but some pressure is ok. Try to avoid space between toes and the front of your rock shoe.</p>	1 pair	\$120.00	\$120.00

	Neoprene Booties For paddling	Neoprene	1 pair	\$30.00	\$30.00
	OR	Neoprene socks with running shoes also works very well.	1 pair	\$20.00	\$20.00
				Total	\$840.00
Expedition Gear	Backpack 65-75L	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.		\$250	\$250
	poles		1 pair	\$95.00	\$95.00
	Dry Bags	1*20 liter, 1*15 liter, 4*10 liter	min 6	20-30	\$120.00
	Daypack 20-35L	For Day trips and the Sqamish trip a must!	1	\$100.00	\$100.00
	Compression straps	To fasten items to the side of pack (optional)	2		
	Stuff Sacks	Different size can be usefull (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 seakayaking.	3	\$30.00	\$90.00

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
BIC Lighter	To light campfires and backpacking stoves	2	\$1.00	\$2.00
Whistle		1	\$5.00	\$5.00
			Total	\$898

Sleeping Gear	Sleeping Bag	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.		\$250	\$250
	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.		\$220	\$220
	Sleeping Pad	Closed-cell foam ensolite or equivalent. Minimum 14 mm thick. Inflatable pads are excellent, but also require repair kit and stuff-sack.		\$100	\$100
					\$570

Miscellaneous	Sunscreen and Lipbalm	Waterproof sunscreen with minimum SPF 40. Lipbalm with sunblock	1 of each	\$15.00	\$25.00
	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 back up. 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
	Hiking poles collapsible	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	1 pair	\$80.00	\$80.00
	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 Esquimo 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
	Snow seal/Scotchguard	To waterproof leather boots and outerwear	1	\$10.00	\$10.00
				Total	\$238.00
Optional	Alarm Clock Wind-up.	Sometimes there will be no electricity.	1	\$50.00	\$50.00
	Camera	Waterproof or with waterproof case is suggested.	1	\$100.00	\$100.00
	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

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.	1 pair	\$30.00	\$30.00
Lightweight Hiking boots	Merrell is a good brand, make sure you find something comfortable	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
			Total	\$837.00
			Grand Total	\$4998

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. Call us if you have any questions.