

# School Supplies

## Equipment

GMRS Radio	These are simple, 2 way radios that are commonly found at Wal-Mart. Some have weather frequencies pre-programmed in (this is a good feature if you can get it). Make sure you can put regular batteries into the radio since we can't recharge them in the field. In some states there may be licensing restrictions (in this case wait until you arrive in Canada to purchase this item). Motorola makes a good quality reliable product.
Watch	<b>Any watch will do.</b> If you want to spend some big bucks, an altimeter watch is an asset, especially for alpine students. Suunto makes a good quality, reliable product.
Whistle	This is for signaling an emergency, providing location by sound and communicating in high noise environments. Buy a "Fox 40".
Emergency "Blanket"	These are either very compact reflective foil sheets or slightly heavier foil (on one side) small tarps. These "blankets" will provide emergency warmth by reflecting your body heat back towards your body. The tarp style can also double as a ground sheet.
Sunscreen & Lip Balm	You will be working on snow, at altitude, on the ocean, on rivers and in some very windy environments.
Sunglasses	Look for 100% UVA, UVB protection. Don't spend much on these; you will accidentally destroy them eventually.
Water Bottle	1 Liter/Quart wide mouth bottle made by Nalgine. Hydration bladders with drinking tubes are also great, but are somewhat higher in maintenance particularly in a below zero environment.
Knife	Small and folding is all that's required. If you want to spend some bucks the multi tools made by Leatherman and Gerber are great for fixing the things that break.
Lighter	The simple gas station "Bic" is the most reliable and thankfully the cheapest option.
Headlamp	A hand's free headlamp is essential. LED lighting is great since they conserve battery power. Some LED lights have settings and options for more or less light output (this is a nice feature). It needs to be bright enough to allow you to operate in a challenging environment after dark. Petzl, Black Diamond and Princeton Tech. All make good lights.
Candles	Candles combined with an emergency blanket (described above) are a simple way to stay warm in an emergency. Candles also provide nice ambience while playing cards in a hut after the day's work is done.

Accessory Cord	15meters/50feet of strong light cord. This cord will be used for pitching tarps, hanging food, repairing equipment along with dozens of other things.
Poles	You are required to have two ski poles for the winter semester but many people like to have one along as a hiking pole to provide extra balance throughout the seasons. You don't need to spend a lot on poles.
Backpack	This backpack needs to be fitted to your body (ask for help... if you suspect they don't know how to do this... go to another store). The pack should have an internal frame, a waist belt to support the load, and a sternum strap to ease the pressure on your shoulders. Simple and light weight is the best. You don't need all the fancy gimmicky options and attachments. You will need to fit ALL of your gear INSIDE the pack; professionals don't strap things to the outside. 60 liters/16gallons is a good baseline to start from.
Daypack	You don't need a daypack, you can use your backpack (described above). If you want a daypack, look for the criteria described above but use 40litres/10gallons as a baseline for size.
Sleeping Bag	There are many options and price ranges to choose from so look for the following basics. The bag should fit you properly (extra room means extra space to heat). Buy a bag that has a hood that closes around your face to keep the warm air inside where it belongs. The bag should compress small enough that you will be able to get all of your other gear inside your backpack as well (see backpack). Down or synthetic (it doesn't matter). Temperature rating: -12°C to -20°C/10°F to -4°F
Sleeping Pad	Buy a Therm-a-Rest, they are the best. In recent years the most popular has been their full-length ProLite 4 or ProLite Plus. These are also available in ¾ length in which case you use your backpack to make up the missing ¼ under your legs when you sleep.
Bowl, Spoon, Mug	Nothing special here, just make sure they are not breakable. Most of our students like the "Fair Share" mug by GSI. It serves as a bowl, mug, measuring cup and storage container. Most of us saw off the handle so it fits in the backpack a little better.

## Clothing

Weather Layer Jacket & Pants	You will need a heavy-duty weatherproof outer layer that will keep you dry from rain and perspiration. These jackets and pants are commonly referred to as “hard-shells” and should not be lined or insulated. The seams on the garments need to be taped or welded to keep out water. Gore-Tex is a suitable material but there are many other waterproof/breathable fabrics that work well.
Insulation Layer Jacket	This is the primary insulating layer and can be worn on its own or under the weather layer. This jacket needs to be able to provide warmth even when wet. Synthetic fabrics like fleece or pile work well. If you want to spend some bucks, “soft-shells” are a great option. These materials can serve as an insulating layer as well as a light-duty weather layer (you still need the hard-shell weather layer described above).
Base Layer Jacket & Pants	Commonly referred to as long underwear. This shirt and pants should be tight fitting, highly wicking, quick drying and 100% synthetic. These items need to be able to provide warmth even when wet.
Hiking Pants	One pair of light nylon/synthetic pants for hiking. These should be lightweight and well fitted (not baggy or too long). Some students prefer the style with zip-off legs that convert to shorts.
Socks & Underwear	2 pairs - Thick wool or synthetic hiking socks (some like liner socks as well) 2 pairs- Synthetic fast drying underwear and/or sports bra
Down Jacket	You don't need a down jacket. If you'd like one, make sure it compacts small enough to fit inside your backpack with all of your other gear. These can be nice for cool evenings on the coast or in the alpine. They are even more valuable during our winter semester.
Down Booties	You don't need down booties. If you'd like some, make sure they compact small enough to fit inside your backpack with all of your other gear. These are only used during the winter semester and are nice for around camp to warm up cold toes after the ski boots come off.
Toque	This is a warm winter hat (for you non-Canadians). It's good to have one that's not too heavy for all season use.
Cap	A simple baseball cap can be nice for keeping rain and sun off your face.
Gaiters	Gaiters wrap around the top half of your boots and bottom half of your pants below the knee to keep out snow, water and mud. They keep your feet warmer and dryer.

Gloves	For fall semester you will need a light pair of <b>non-insulated</b> gloves to protect your bare hands from near freezing rain and wind. The same pair will be used for rope work. For winter semester you will need a weatherproof <b>insulated</b> pair of gloves (no mitts)
Hiking Boots	Full leather backpacking specific boots are required. These should be well worn-in before beginning training. Some boots have Gore-Tex linings which seem to work well to keep your feet dry. If you buy boots without the Gore-Tex lining you should treat them with a waterproofing product.
Running Shoes & Swim Goggles	During your first year of training you will be involved in a fitness program aimed at increasing your field capabilities. You will do significant amounts of running and swimming. The shoes should be <b>running specific</b> to prevent joint injury. The goggles are key to preventing collisions while swimming in lanes.

### **Additional Required Equipment**

*These items will be provided to you during orientation and will be charged to your student account.*

Log Book Set	\$25.00
First Aid Kit	\$30.00
Compass	\$60.00
Fitness Training Shirt	\$40.00
Maps	\$10.00
ACMG Text	\$35.00
Field Guide	\$18.00
<b>That this is your school supplies list</b>	<b>Priceless</b>