



Clothing & Equipment List

Adventure Guide Certificate

The school provides technical equipment for the field courses (tents, stoves, kayaks, paddles, helmets, harnesses, crampons, ice axes, ropes, etc), which is also available for students to practice in between courses (with some exceptions). However, students are responsible for their personal equipment – below is a comprehensive list of the clothing & equipment you will need to participate in the Adventure Guide Certificate. Please note that some elective courses (i.e. sea kayak 1 & Ski touring) may require additional gear.

Head	<ul style="list-style-type: none">○ Sun hat○ Wool/Fleece hats (at least 2)○ Glacier glasses (& spare sunglasses)○ Ski Goggles○ Baklava or neck tube
Upper Body	<ul style="list-style-type: none">○ Non-cotton T-shirts (at least 2; wool/fleece/synthetic)○ Base layers: light/thin layer (wool/fleece/synthetic) & warm/thick layer (wool/fleece/synthetic)○ Insulation layer: down/synthetic jacket○ Waterproof/breathable hard-shell jacket (Goretex recommended)
Lower Body	<ul style="list-style-type: none">○ Silk/wool/synthetic underwear (at least 2)○ Base layers: light/thin layer (wool/fleece/synthetic) & warm/thick layer (wool/fleece/synthetic)○ Soft-shell pants (non-cotton)○ Waterproof/breathable hard-shell pants (Goretex recommended)
Hands	<ul style="list-style-type: none">○ Base layer: thin gloves (wool/fleece/synthetic)○ Insulation layer: warm/thick gloves or mitts (wool/fleece)○ Waterproof shell for gloves or mitts○ Neoprene gloves or mitts
Feet	<ul style="list-style-type: none">○ Several pairs of wool/synthetic socks (cuff height recommended)○ Hiking boots (should be stiff, fully waterproof & have good ankle support – leather boots recommended)○ Waterproof Gaiters○ Approach shoes○ Neoprene booties or old pair of running shoes (for water courses)

Sleeping	<ul style="list-style-type: none"> ○ 3-season sleeping bag (recommended -15C) ○ Waterproof stuff sac or compression bag for sleeping bag ○ Sleeping pad (one thick foam mattress, or thin foam & air mattress combo) 		
Technical	<ul style="list-style-type: none"> ○ <u>5 locking carabiners</u> (1 rounded, 1 small/slim nose, 1 triple-action, & 2 pear-shape) & <u>3 non-locking carabiners</u> (straight gate). ○ 2 sections of 5m & 1 section of 1.5m of <u>7mm accessory cord</u> ○ 2 sections of 1m of <u>5mm accessory cord</u> ○ 150-240cm sewn sling ○ 5 meters of webbing 		
Other	<ul style="list-style-type: none"> ○ Headlamp & batteries ○ Waterproof watch ○ Trail eating utensils (unbreakable bowl, cup, spoon, etc) ○ A set of lightweight pots for cooking (stainless-steel recommended) ○ Water bottle(s) & thermos ○ Personal first aid kit & repair kit ○ Pocket knife/multi-tool ○ Compass (Silva Ranger with declination adjustment & sighting mirror) ○ Adjustable hiking poles (2 or 3 sections) ○ Backpack – 65L to 80L (large, well-built internal frame) ○ 5L or 10L drybag 		
<p>Optional <i>(recommended, but not mandatory)</i></p>			
<table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> ● <i>*Drysuit (see bottom of page)</i> ● <i>*Mountaineering boots (see bottom of page)</i> ● Daypack – 35 to 45L ● Leather gloves </td> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> ● Down/synthetic pants ● Nose & ear plugs ● Altimeter watch & GPS ● Thermometer </td> </tr> </table>		<ul style="list-style-type: none"> ● <i>*Drysuit (see bottom of page)</i> ● <i>*Mountaineering boots (see bottom of page)</i> ● Daypack – 35 to 45L ● Leather gloves 	<ul style="list-style-type: none"> ● Down/synthetic pants ● Nose & ear plugs ● Altimeter watch & GPS ● Thermometer
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**Drysuit: All students are required to have a drysuit for Swiftwater Rescue, Whitewater Kayak 1, Sea Kayak 1 & Rafting 1. If you don't have one, you will have to borrow/rent one (available at GG Sport for a reasonable price per course.)*

**Mountaineering boots: All students are required to have a pair of full-shank (stiff) mountaineering boots for Glacier Skills & Mountaineering 1. If you don't have one, you will have to borrow/rent them (There is some availability at the school.)*

**Technical Gear for elective courses is provided for students. Price of elective courses may vary, depending on participation.*