

THE RESCUE DYNAMICS / BASIC WINTER EQUIPMENT CHECKLIST
prepared by CYRIL SHOKOPLES © 1993

Essential Personal Equipment

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|--|--|
| <input type="checkbox"/> LARGE day pack | <input type="checkbox"/> Sunglasses or Glacier Goggles |
| <input type="checkbox"/> Sunblock (skreen) | <input type="checkbox"/> Lipsalve (ie. Chapstick, Blistex) |
| <input type="checkbox"/> Garbage bag | <input type="checkbox"/> Toilet paper (small supply for field trips) |
| <input type="checkbox"/> Camera & film | <input type="checkbox"/> Pocket knife |
| <input type="checkbox"/> Writing material / note pad | <input type="checkbox"/> Pencil |
| <input type="checkbox"/> Flashlight / headlamp | <input type="checkbox"/> Blister kit (moleskin or similar material) |
| <input type="checkbox"/> Water bottle | <input type="checkbox"/> spare clothing (see list below) |

All of the above to be packed in your day pack. Your day pack should still have room for some group climbing equipment.

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| <input type="checkbox"/> Personal toiletries | <input type="checkbox"/> Alarm clock |
| <input type="checkbox"/> Sleeping bag (for hostel) | <input type="checkbox"/> Pillow (for hostel) |

Clothing for COLD Weather - Dress in Layers

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|--|--|
| <input type="checkbox"/> Ski gloves | <input type="checkbox"/> Spare warm mittens |
| <input type="checkbox"/> Nylon or waterproof overmitts | <input type="checkbox"/> Wool Socks (multiple pairs) |
| <input type="checkbox"/> Toque / balaclava | <input type="checkbox"/> Scarf or neck tube |
| <input type="checkbox"/> Windproof outer garment (Goretex, Thintech) | <input type="checkbox"/> Down or pile jacket |
| <input type="checkbox"/> Knickers or wool pants or ski suit | <input type="checkbox"/> Long sleeve shirt (wool or similar) |
| <input type="checkbox"/> T-shirt (preferably not cotton) | <input type="checkbox"/> Light weight turtleneck |
| <input type="checkbox"/> Sweater | <input type="checkbox"/> Wool or synthetic long underwear |
| <input type="checkbox"/> Wind pants or ski warm-up pants | <input type="checkbox"/> Spare laces |
| <input type="checkbox"/> Long gaiters | <input type="checkbox"/> Sun hat |
| <input type="checkbox"/> Change of clothing for evenings | |

Essential Ski Equipment (for avalanche & ski touring courses only)

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| <input type="checkbox"/> Metal edged Skis & Bindings | <input type="checkbox"/> Ski touring boots |
| <input type="checkbox"/> Ski poles | <input type="checkbox"/> Skins for skis |
| <input type="checkbox"/> X-C ski wax (green, blue, purple) | <input type="checkbox"/> Scraper & cork |

Optional personal equipment (for avalanche & ski touring courses only)

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|---|--|
| <input type="checkbox"/> X-C ski overboots | <input type="checkbox"/> Compass (with clinometer is best) |
| <input type="checkbox"/> Altimeter | <input type="checkbox"/> Whistle & Mirror |
| <input type="checkbox"/> Matches / Lighter | <input type="checkbox"/> Candle |
| <input type="checkbox"/> Snow shovel (lightweight) | <input type="checkbox"/> Metal thermos |
| <input type="checkbox"/> Avalanche Beacon (i.e. Pieps, Ortovox, etc.) | <input type="checkbox"/> Map of area |
| <input type="checkbox"/> Avalanche probe | <input type="checkbox"/> Emergency toboggan (instructor) |
| <input type="checkbox"/> Spare collapsible ski pole (instructor) | <input type="checkbox"/> Bivouac sac (instructor) |

Optional Repair Kit (for avalanche & ski touring courses only)

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| <input type="checkbox"/> Spare cable | <input type="checkbox"/> Spare basket |
| <input type="checkbox"/> Spare bale for X-C bindings | <input type="checkbox"/> Spare binding parts |
| <input type="checkbox"/> Spare binding screws, nuts, bolts | <input type="checkbox"/> Needles & thread or sewing awl |
| <input type="checkbox"/> Pliers or vice grips | <input type="checkbox"/> Screwdriver & bits |
| <input type="checkbox"/> Adjustable wrench | <input type="checkbox"/> Spare ski tip |
| <input type="checkbox"/> Nylon cord (20' or 6m) | <input type="checkbox"/> Hose clamps |
| <input type="checkbox"/> Snare wire | <input type="checkbox"/> Fiberglass tape or duct tape |
| <input type="checkbox"/> Epoxy | <input type="checkbox"/> Spare bulb / batteries for headlamp |

Optional Climbing Equipment - (not required on avalanche courses)

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| <input type="checkbox"/> Helmet | <input type="checkbox"/> Harness |
| <input type="checkbox"/> Carabiners | <input type="checkbox"/> Prusik slings (two 7mm X 5m) |
| <input type="checkbox"/> Slings for anchors & runners | <input type="checkbox"/> Rappel device |
| <input type="checkbox"/> Belay device | <input type="checkbox"/> Rescue pulley |
| <input type="checkbox"/> Ice Axe | <input type="checkbox"/> Ice hammer |
| <input type="checkbox"/> Crampons | <input type="checkbox"/> Ice screws |