



The following document is a **required & recommended** personal equipment list for all ATBO students.

**Review carefully - the exact items you will require will depend on what elective courses you choose to take, personal preferences, comfort in inclement conditions, and willingness to rent/share equipment.**

It's difficult for us to give an exhaustive list for all equipment required. You will learn much about outdoor equipment in the program, and you may find you may want different equipment than you once thought. **A good approach is to show up with all the equipment on the required list, then be prepared with a budget to purchase more equipment after speaking with your instructors and registering for your electives.**

That said, outdoor gear will always cost more than you expect – so plan accordingly. Choose carefully - your equipment will, with care, last you for years. Additionally, if you purchase equipment that you think is suitable, and find out that it does not suit your needs, you can always re-sell it on buy and sell websites for others to enjoy.

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### Required Personal Gear (required within the first week of class)

This is a required list for all students, and will be used on required courses. (*Intro to Outdoor Skills, Backpacking 1 & 2, Avalanche Skills Training*)

- **Backpacking boots:** Suitable for carrying heavy backpacks on uneven/rough terrain – should have a minimum of a partial shank, be completely waterproof, be high enough to provide protection from mud/snow. These should be completely broken in prior to the course start.
- **Waterproof rainwear/outerwear:** Shell jacket & pants, waterproof/breathable, uninsulated. Jacket should have a hood. Should be sized to fit layers underneath and be suitable for being outside 6 – 8 hours in a rainstorm. The right outerwear will not only be worn for backpacking, but also elective courses such as winter backcountry travel, mountaineering, etc.
- **Base layers:** Synthetic or wool lightweight layers that sit next to your skin for active activities outside. Should wick moisture away from your skin and insulate when wet. Combine several base layers together for warmth. Typically, a variety are useful, including long/short sleeve, as well as different weights for different conditions.

- **Insulative mid layers:** Lightweight compressible down/synthetic jacket that packs down small for carrying but offers good warmth. Should be sized large to fit over other layers. (down jacket, puffy, etc). If you will be doing many of the winter elective outdoor courses, consider in addition a very warm lightweight down jacket.
- **Headwear:** Hats for sun, hats for warmth, hats for rain. (Trucker, ball cap, toque, ski hat, etc).
- **Socks:** Hiking specific socks plus spares. (wool or synthetic)
- **Sleeping Bag:** Down or synthetic mummy style bag, lightweight and compressible with compression stuff sack. Typically, one sleeping bag rated to -10 C. will be appropriate for most required field courses, but in order to be comfortable on the overnight winter camping trip, you may want to consider going to a sleeping bag rated to -20 C. If you do not want to purchase a bag rated to -20, expect to either rent/borrow or buy a cold weather sleeping bag prior to the winter camping trip in December.
- **Sleeping pad:** Inflatable and packable backpacking style that also has reasonable R value for shoulder season/winter use. Options exist to use ensolite/closed cell pads as well.
- **Overnight Pack:** Approximately 55L-70L in size, with waist belt and sternum strap. Effective and comfortable harness system. Avoid 'travel' backpacks in favor of something that is backpacking specific. For future elective choices, consider packs that have features that would be good for mountaineering (carry ice axes), ski/snowboard touring (carry avalanche gear).
- **Day Pack:** Approximately 25L – 40L in size, should have waist and sternum straps. Will be used for a variety of day hikes as well as potentially carrying mountaineering/rock climbing and avalanche equipment.
- **Compass:** Must have adjustable declination setting and flip up sighting mirror. (Silva Ranger or Suunto work well)
- **Headlamp:** Many options exist here. Must be lightweight and powerful.
- **Water bottle:** 1 Liter size minimum. Leakproof, ideally wide mouth.
- **Personal eating utensils:** Mug/bowl/spoon or any combination therein. Must be lightweight, non-breakable, and easy to pack.
- **Gloves:** lightweight/waterproof gloves for use on backpacking courses.
- **Sunglasses:** UV Blocking, decent quality plastic framed sport sunglasses. Should be suitable to reduce intense glare from snow/water.
- **Personal first aid kit:** Lightweight simple first aid kit for personal use only (bandaging, blister care, etc.)
- **Pocket Knife:** Generally, a small simple blade or a multi-tool type blade will suffice. No need for a large sheath knife – too heavy for backpacking.
- **Log/Note Book:** Waterproof rite-in-the-rain, side bound (not coiled),
- **Watch:** Simple watch with alarm for use in field in absence of cell phone. Watch with Altimeter/barometer are also nice to have.

## Recommended Personal Gear (not required but highly recommended)

- **Lightweight Nylon/Sil Tarp:** (3m x 3m minimum size). Very useful piece of equipment that you will use for sleeping underneath, setting up shelters, practicing first aid, etc. Ensure it has strong, lightweight lines (4 mm) of at least 3 meters in length for each corner.
- **Gaiters:** If the weather is great for your backpacking courses, you will wonder why you bought these. If there is snow/mud on your backpacking courses – you will be very glad you bought these.
- **Stuff Sacks:** A variety of waterproof, packable stuff sacks for your clothes/food, etc.
- **Camp Stove & Pots:** You will be cooking on these stoves for a variety of courses. (Intro to Outdoor Skills, Backpack 1 & 2, and most elective outdoor courses) If you don't have one, you will need to share with someone who does. Best stoves and pot sets are lightweight backpacking systems. (i.e. Jet boil, MSR, etc).
- **Tent:** 3 – 4 Season Alpine or Backpacking Tent. Owning or being able to share a 3-season backpacking tent is **key** for your comfort in the program. Those students interested in pursuing more mountain activities may find a 4-season tent serves them well. Some students will be content with sleeping under a tarp.
- **Trekking Pole(s):** Collapsible trekking poles for backpacking (2). Old ski poles may work well as an economical alternative.

**Note:** Not every person needs to purchase a tent, stove, pot set because you may be able to share with other students, however these are important pieces of gear that you will be able to use for many years.

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## Additional Equipment Required FOR ELECTIVES

### Climbing Gear.

Our rock-climbing course(s) are electives so only purchase this equipment if you wish to take these courses. We do carry a supply of climbing helmets, ropes, crampons, carabineers, belay devices and harnesses. We **do not** provide any climbing shoes.

- Rock Climbing Shoes, sized to fit, comfortable and broken in.

### Paddling Gear

Our paddling courses are electives so only purchase this equipment if you wish to take the course(s). We do provide a variety of Farmer John/Jane Wetsuits, spray tops, PFD's, kayaks, canoes, and helmets.

- Neoprene booties with soles or socks with water shoes on top.
- Thin neoprene gloves and hat

- Personal drybag (5L). For those wishing to complete the sea kayak electives, a complete set of drybags (5 – 10 L) is also recommended.

### **Ski/Snowboard Touring Gear**

Our ski/snowboard course(s) are electives so only purchase this equipment if you wish to take the course. The College **does not** provide skis or snowboards.

- Alpine Ski or Snowboard equipment suitable for use on hill (for ski/snowboard instructor courses).
- Backcountry ski touring equipment or a suitable backcountry splitboard with fitted climbing skins (Winter Backcountry Travel, Avalanche Skills Training 2 elective courses).

This equipment is expensive - a reasonable alternative to purchasing is for students to rent from local providers in Golden for the duration of the course.

### **Mountaineering/Ice-Climbing Gear:**

Our mountaineering/ice-climbing course(s) are electives so only purchase this equipment if you wish to take the course.

- Ice Climbing/Mountaineering Boots with 3/4 to full shank, waterproof, insulated and able to accept 'lash on' crampons.

This equipment is expensive - a reasonable alternative to purchasing is to rent from providers in Canmore for the duration of the course.

**Avalanche Gear:** We do provide avalanche transceivers, probes and shovels. If you are pursuing ski/snowboard touring we would recommend purchasing your own equipment so that you can use it on personal time and gain competency in it.

**Mountain Biking Gear:** We do provide a bike if needed for our mountain biking elective course. Students will still need to be able to provide:

- Mountain biking helmet, gloves, and shoes.

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**A note on personal outdoor equipment:** If you own your equipment and prefer to utilize it, every opportunity will be made to allow for its use **if the item meets all appropriate safety standards**. Your instructors will review your equipment and let you know if they have any concerns with it.