

## Clothing & Equipment List

### ECAT - Adventure Guide Programs

The school provides technical equipment for the field courses (tents, stoves, kayaks, paddles, helmets, harnesses, crampons, ice axes, ropes, etc). However, students are responsible for their personal equipment. Below is a comprehensive list of clothing & equipment you will need to participate in the Adventure Guide Programs.

Head	<ul style="list-style-type: none"> <li>○ Sun hat</li> <li>○ Wool/Fleece hats (at least 2)</li> <li>○ Glacier glasses (&amp; spare sunglasses)</li> <li>○ Ski Goggles</li> <li>○ Baklava or neck tube</li> </ul>
Upper Body	<ul style="list-style-type: none"> <li>○ Non-cotton T-shirts (at least 2; wool/fleece/synthetic)</li> <li>○ Base layers: light/thin layer (wool/fleece/synthetic) &amp; warm/thick layer (wool/fleece/synthetic)</li> <li>○ Insulation layer: down/synthetic jacket</li> <li>○ Waterproof/breathable hard-shell jacket (Goretex recommended)</li> </ul>
Lower Body	<ul style="list-style-type: none"> <li>○ Silk/wool/synthetic underwear (at least 2)</li> <li>○ Base layers: light/thin layer (wool/fleece/synthetic) &amp; warm/thick layer (wool/fleece/synthetic)</li> <li>○ Soft-shell pants (non-cotton)</li> <li>○ Waterproof/breathable hard-shell pants (Goretex recommended)</li> </ul>
Hands	<ul style="list-style-type: none"> <li>○ Base layer: thin gloves (wool/fleece/synthetic)</li> <li>○ Insulation layer: warm/thick gloves or mitts (wool/fleece)</li> <li>○ Waterproof shell for gloves or mitts</li> <li>○ Neoprene gloves or mitts (optional)</li> </ul>
Feet	<ul style="list-style-type: none"> <li>○ Several pairs of wool/synthetic socks (cuff height recommended)</li> <li>○ Hiking boots (should be stiff, fully waterproof &amp; have good ankle support)</li> <li>○ Waterproof Gaiters</li> <li>○ Approach shoes</li> <li>○ Neoprene booties or old pair of running shoes (for water courses)</li> </ul>
Sleeping	<ul style="list-style-type: none"> <li>○ 3-season sleeping bag (recommended -15C)</li> <li>○ Waterproof stuff sac or compression bag for sleeping bag</li> <li>○ Sleeping pad (one thick foam mattress, or thin foam &amp; air mattress combo)</li> </ul>

Other	<ul style="list-style-type: none"> <li>○ Headlamp &amp; batteries</li> <li>○ Waterproof watch</li> <li>○ Trail eating utensils (unbreakable bowl, cup, spoon, etc)</li> <li>○ A set of lightweight pots for cooking (stainless-steel recommended)</li> <li>○ Water bottle(s) &amp; thermos</li> <li>○ Personal first aid kit &amp; repair kit</li> <li>○ Pocket knife/multi-tool</li> <li>○ Compass (e.g. Silva Ranger with declination adjustment &amp; sighting mirror)</li> <li>○ Adjustable hiking poles (2 or 3 sections)</li> <li>○ Backpack – 65L to 80L (large, well-built internal frame)</li> <li>○ Day-Backpack 30-40L</li> <li>○ 5L or 10L dry-bag</li> </ul>
Optional (recommended, but not mandatory)	<ul style="list-style-type: none"> <li>• *Mountaineering boots (see bottom of page)</li> <li>• Leather gloves</li> <li>• Down/synthetic pants</li> <li>• Nose &amp; ear plugs (for water courses)</li> <li>• Altimeter watch &amp; GPS</li> </ul>

\*Mountaineering boots: All students are required to have a pair of full-shank (stiff) mountaineering boots for Glacier Skills & Mountaineering courses. If you don't have one, you will have to borrow/rent them.