

SURVIVAL Equipment Check Sheet

- * This is a complete list for the worst case scenario
- * Check the weather and always be prepared to stay the entire day outside no matter what the weather conditions will be.

Clothing Necessities:
*Use the layering system with a minimum of 3 layers (base, insulation, & shell).
 DO NOT BRING COTTON FOR OUTDOOR ACTIVITIES.*

LAYER	QUANTITY	COMMENTS	CHECKOFF
Base (top & bottom)	1	Mid or lightweight capilene, silk, or polypropylene. This is your wicking layer that pulls sweat away from your body.	
Insulation (top & bottom)	2	Fleece or wool jackets or expedition weight synthetic jackets. This is the layer that keeps you warm when active.	
Shell (top & bottom)	1	<i>Stormproof jacket should be windproof & waterproof.</i> Breathable jackets with armpit vents work best. This would be your typical ski or snowboarding jacket & pants.	
Extra Top Layer (belay parka)	0-1 (weather dependant)	Down, synthetic down, or other parka style super warm jackets for when it is FREEZING COLD. This should fit over all your other clothing	
Fleece or Wool winter hat	1	No cotton. A balaclava or “hoodie” style hat for really cold days.	
Gloves	2 pair	MANDATORY 2 PAIR OF GLOVES: lighter spring glove for dexterity & larger warmer glove or mitt for cold.	
Socks	2 pairs	NO COTTON... wool or synthetic hiking/backpacking socks	
Boots	1	<i>Waterproof</i> hiking boots or snowboots. Snowboard boots, Sorrels, mukluks & mountaineering boots for snow.	
Gaiters	1	Gaiters on your pants will keep debris/snow out of your boots.	
Goggles	1 pair	For wind, sun & snow protection for your eyes.	

MANDATORY EQUIPMENT:

*Some of these items you may be able to rent or borrow.
Wilderness Sports & Mountain Outfitters rent outdoor equipment.
CMC has a limited # of equipment.*

ITEM	QUANTITY	COMMENTS	CHECKOFF
Backpack (daypack)	1	A daypack to carry your food, water, survival/medical kit extra clothing, & other essential items.	
Water bottles	2 liters minimum	2 Wide mouth style containers best (won't freeze) <i>(a camelback style is acceptable as long as it is insulated for cold temperatures)</i>	
Food	3600 calories	Bring snacks & a lunch for the day. Carbs metabolize quickly into energy. Prep it at home so it's ready to eat.	
Sunglasses	1 pair	UVA & UVB protection.	
Sunscreen	1	Sunscreen & lip protection are essential at high altitude. Recommend SPF of 30+ (sweatproof).	
Pocket knife	1	Good for repairs, lunch, etc....	
Snow travel gear (winter only)	1 pair	Preferably snowshoes but skis with skins or wax will work.	

Optional Items:

These items are optional and may make life more enjoyable or your pack heavier!

ITEM	QUANTITY	COMMENTS	CHECKOFF
Sleeping Bag	1	Emergency blanket, sleeping bag, quilt or bivy	
Compass	1	For general navigation	
First aid kit	1	Personal band-aids, moleskin, personal medications	
Stove system	1	For hot cocoa, tea or a hot meal	
Crazy Creek	1	Camp chair to sit in	

Specialty equipment for the SURVIVAL class:
(you DO NOT have to buy this if you don't have it)

Survival Kit
Emergency Shelter
Fire Starter
Signal Mirror

If you have any "cool" survival items please bring them to show the class. Otherwise I will show you all my favorite toys so you can design your own survival kit.

GROUP GEAR PROVIDED BY CMC

Instructors will carry:

Group first aid kit
Emergency Communication
Permits

Group Gear for students:

Tents & Tarps
Backcountry Latrine Kit
Maps & Compass
Survival Gear

Remember to get all your clothing & equipment ready before the first day of class. Make sure everything is in good working order. If you have any questions or concerns, please call me early. IF YOU DO NOT HAVE THE NECESSARY EQUIPMENT & CAN'T BORROW OR RENT IT, PLEASE WITHDRAW FROM THE COURSE. THERE ARE MANY PEOPLE ON THE WAITLIST!

Thanks, Brian Taylor 970-453-6757
x2624 btaylor@coloradomtn.edu