



Safety and Avalanche Course Swiss Alps Equipment List

It's important to choose the right equipment for any outdoor adventure. This list is designed to help you make smart decisions about the gear you take on your course. When you arrive, your instructors will look through the equipment you've brought and help you decide what to take into the field. We've made every effort to ensure that this equipment list is reflective of what you will need on your course, but your actual needs will vary depending on season and instructor judgment.

How to Use This List

Items under the **required** heading are items that you **must** bring yourself. There's the possibility to purchase items in Gstaad if you forget any of the required items. Items under the **optional** heading are not required, and you may bring them depending on your needs. Please note that personal underwear is not listed and amount depends on your personal needs.

For advice call 0041 33 748 41 61 or mail to info@olcs.ch

Upper Body Clothing	
A layer system provides optimum insulation and protection from the elements. Synthetic and wool fibres' have the advantages to insulate when wet and dry easily.	
Equipment	Notes
Required Items	
3 Base layer (long underwear)	Mid-weight underwear top made of wool, polypropylene
2-3 Middle layer	Fleece top
Top Layer	A warm, synthetic (e.g. primaloft) jacket that fits over your base layers.
Soft Shell Jacket	Stops wind and resists moisture to keep you warm while remaining highly breathable and flexible to maximize your comfort and performance
Down Jacket	This will keep you warm on cold days. Please note that down requires extra care in wet conditions.
Rain Jacket	Bring a waterproof, breathable rain jacket. A breathable fabric such as Gore-Tex is acceptable. Needs to fit over all your insulating layers. Make sure hood fits over



	climbing helmet.
Shirts	Bring 2-3 polyester t-shirts for your climbing days
Our advice: Bring the layers you think might work. Our instructors will advise you on the ideal combination for your course and weather conditions.	
Lower Body Clothing	
Equipment	Notes
Required Items	
2-3 Base layer (long underwear)	This insulating layer should be made of polypropylene, wool or Capilene®. Cotton and cotton blends are not acceptable.
Soft Shell Pants	Stops wind and resists moisture to keep you warm while remaining highly breathable and flexible to maximize your comfort and performance
Rain Pants	Waterproof and breathable pants in conjunction with a rain jacket. A breathable fabric such as Gore-Tex is acceptable. Breathable rain pants can also double as wind pants.
Head, Neck and Hands	
Equipment	Notes
Required Items	
Hat	A warm wool or fleece hat, suitable for winter conditions
Gloves	Lightweight wool or fleece gloves
2 x Mountaineering gloves	Waterproof and warm. Suitable for winter conditions.
Bags	
Equipment	Notes
Required Items	
Climbing bag	Must be big enough to carry both daily personal items (e.g., water, food, clothing layers) and group climbing gear—minimum of 45L
Backpack	A large (70-90l) backpack to carry your personal and group equipment to base camp in the mountains.
Optional Items	
Stuff sacks	Nylon or mesh sacks of different to organize items in your backpack
Plastic Trash Bags	One to two heavy-duty trash compactor bags to help waterproof items in your



	backpack
Our advice: since we use mountain huts as base camp, we need to carry and store all our gear in a large backpack, using our smaller climbing bags for our daily climbing adventures.	
Sleeping	
Equipment	Notes
Required Items	
Sleeping bag	We recommend either a synthetic or down bag with a -5° – 25°C temperature rating
Sleeping mat	e.g. Therm-A -Rest ridge rest
Foot wear	
Equipment	Notes
Required Items	
Mountaineering boot	Insulated foot bed keeps you warm. Stiff sole for crampon use. Suitable for winter conditions. e.g. La Sportiva Nepal Extreme Boot
Camp/Approach shoes	A comfortable pair of running shoes or approach shoes to wear for the evenings.
Socks	4-5pairs of Socks. Must be heavy wool or heavy wool/synthetic blend.
Miscellaneous Items	
Equipment	Notes
Required Items	
Water Bottle	One 1liter bottles with a wide mouth and insulation cover.
Flask	Capacity of 1 liter
Sunscreen	SPF 30 or greater
Sunglasses	Good-quality sunglasses with 100-percent UV protection; lenses should be dark. If you wear prescription lenses and have limited vision without them, bring your own prescription sunglasses or a pair of clip-on polarized shades.
Headlamp	Durable and lightweight LED Headlamps are best. Bring spare batteries
Toiletries	Travel size toothbrush, toothpaste, comb, brush, skin lotion, tampons, etc
Watch	A watch with an alarm is a necessary item
Notepad and Pen	For taking notes, small and lightweight.
Town clothes	Bring two sets of comfortable clothing that you can travel in—jeans, shorts, t-shirt, sweatshirt, etc. You can also bring these



	comfortable cotton clothes to wear in the evenings at your base camp in the field
Towel	Lightweight travel towel
Optional	
Pocket knife	e.g. Swiss Army knife
Book	Whatever you enjoy.
Back country skiing equipment	
Back country skis, poles, boots, skins, helmet	We would advise you to bring your personal back country skiing equipment
Optional	
Back country skiing equipment can be rented in Gstaad	
Provided by OLCS - Group Equipment	
Group equipment is included as part of the course tuition; however, students will be charged for any lost or damaged group equipment.	
Climbing ropes and hardware Climbing helmets and harnesses Probe, shovel, avalanche transceiver Maps and climbing topos Repair kits Reference books First aid kit	