

THE ALPINE CLUB OF CANADA
First Summits Summer Mountaineering
Wednesday July 1 (evening meeting) to July 5, 2009

Location: Banff and Yoho National Parks
Guide: Peter Amann, (780) 852-3237, pamann@incentre.net
Camp Manager: Dustin Hines, (604) 222-7171, dhines@interchange.ubc.ca
Fee: \$995 + \$49.75 G.S.T. = \$1044.75
Cancellation Insurance: \$95 (optional)
Participants: Eight
Meeting Place: Guide's Room at the CAC at 7pm on July 1, 2009

Info Pack

The purpose of this info pack is to provide you with the details you need to prepare for your Adventure. If you have any questions, please don't hesitate to contact Rob Whiteway at the National Office in Canmore (adventures@alpineclubofcanada.ca, 403-678-3200 ext 112) or any of the camp staff listed above.

Membership

Your Alpine Club of Canada membership must be current at the time of the camp. As well you must have the facilities upgrade option on your membership, as you will be using the ACC huts during this camp.

Accommodation

The Wapta Icefield huts are modern, comfortable backcountry cabins. Located well above treeline, the views from the huts are fabulous! All have communal sleeping and eating areas and outhouse facilities. We will have the Peyto Hut booked exclusively for our group. There may be other outdoor enthusiasts using the Bow Hut at the same time as our group. All of your food and accommodation costs during the camp are included in the price of the camp, starting with the first night of accommodation at the Canadian Alpine Centre.

The Canadian Alpine Centre is a very attractive facility operated jointly by The Alpine Club of Canada and the Southern Alberta Hostelling Association. It has 150 beds and full kitchen facilities for you to prepare your own meals (or the Bill Peyto Café), and a gorgeous living room to relax in.

If you require accommodation at Lake Louise prior to the evening of July 1 or immediately following the camp (evening of July 5), you need to arrange your reservations personally with the CAC at (403) 522-2200 or toll free at 1-866-762-4122. Book early, as it is summer at that time and the CAC can be very busy.

Meals

Meals on the camp will be prepared prior to the camp by a professional backcountry cook with an emphasis on the nutritional requirements specific to this kind of activity. Camp staff will organize the remaining preparations while on the camp with assistance from participants. Meals will be tasty and filling, with a significant proportion being dehydrated for weight considerations. If you have any food intolerances or preferences, please include that information with your application and we will do what we can to accommodate you. Lunch on July 1 is not included so be sure to pack a lunch for this day, also dinners on July 1 and July 5 are not included.

Getting There

Lake Louise, Alberta, is two and a half hours west of Calgary (via the #1 Highway) and an hour west of Banff. Lake Louise can easily be reached by car or bus. For bus schedules, inquire at your local bus depot. The most convenient airport to Lake Louise is Calgary International Airport. Brewster Bus Lines offers direct service from the airport to Canmore, Banff and Lake Louise. Contact (403) 762-6767 for schedule information. You will be provided with a participant list prior to the trip. Please use this list to arrange carpooling with others on the trip.

Participants' vehicles will be used to transport participants, food and equipment from Lake Louise to the Peyto Lake and Bow Lake trailheads. Since your car will be parked in an unattended public area for a week, do not plan to leave any valuables in it. Lockers can be rented at the CAC for the week.

Trips may not always run exactly according to schedule for reasons beyond our control (weather, wildlife, Parks regulations, etc). For this reason, we recommend that you do not book any scheduled travel (such as airplane flights) within a day or two of the last scheduled day of your camp.

Kick Off Meeting

You will be meeting in the Guide's Room in the Canadian Alpine Centre (CAC) in Lake Louise at 7:00 p.m. (Mountain Time) on Wednesday, July 1, 2009.

When you arrive at the CAC, advise the booking clerk you are with the ACC First Summits group so that there is no confusion with your reservation. This individual will also direct you to the Guides Room for our meeting.

During the group meeting Peter and Dustin will review the week's itinerary, participants' expectations, do an equipment check, divide group gear and organize car pooling for the next day. It is *essential* that all participants attend this meeting, and it is very important that you arrive on time.

Itinerary*

July 1– meet at 7:00pm at the CAC in Lake Louise

July 2 – start at Bow Lake; stay at Bow Hut

July 3 – explore peaks in the area, such as Mts. St. Nicholas, Gordon and Olive; stay at Bow Hut

July 4 – traverse to Peyto Hut; stay at Peyto Hut

July 5 – exit via Peyto Lake, camp ends back in Lake Louise

*Itinerary and route may change due to weather/snow conditions and/or goals and ability of group.

Insurance Options

If you do not have Canadian medical insurance, or if your provincial insurance is insufficient, we recommend purchasing insurance through Travel Underwriters. They sell a variety of insurance policies, including medical (annual and single trip), trip cancellation/interruption and insurance for visitors to Canada. To find out more about their insurance options, visit the Travel Underwriters website at www.travelunderwriters.com or call them direct at 1-800-663-5389.

Please contact Rob Whiteway (adventures@alpineclubofcanada.ca) to purchase your travel insurance for this camp.

Park Passes

Overnight backcountry passes are included in the cost of camps that take place within National Parks, but participants are responsible for other fees associated with the use of such parks (such as park entry fees). Many of these fees are directly related to whether or not you will be charged in the event of a rescue, so you are strongly advised to avail yourself of the correct information. For more information, contact the appropriate National or Provincial Park.

Environmental Considerations

The ACC is proud to have earned the right to display the UIAA Environment Label. The UIAA is the world's recognized international mountaineering and climbing federation, with over 2.5 million members in 68 countries. The ACC's Mountain Adventures are conducted with great consideration for the environment, and we are thrilled to be recognized for the care we take. If you would like to learn more about the Environment Label, visit www.uiaa.ch, and select "Labels".

Parks Canada Information

Parks Canada has asked us to pass a message to you, the Mountain Adventure participant. When you are on an ACC camp (or any time you are near wildlife), wildlife viewing and safety procedures should be based upon the guidelines presented in Parks Canada brochure "Keep the Wild in Wildlife". The brochure describes appropriate behaviour when encountering habituated wildlife, safe distances for viewing and photographing wildlife, avoiding encounters and limiting attractants while traveling in the backcountry, and specific precautions for bears, elk and cougars. This brochure can be found on the Parks Canada website (http://www.pc.gc.ca/docs/pc/guide/nature/nature01_e.asp).

Recommended Reading

Guidebooks

Rocky Mountains of Canada - South, by Boles, Kruszyna & Putnam (out of print)
Summits and Icefields – Alpine Ski Tours in the Canadian Rockies, by Chic Scott
Backcountry Huts and Lodges of the Rockies and Columbias, by Jim Scott.

General Interest

Place Names of the Canadian Alps, by Putnam, W.L. et al
Freedom of the Hills, the Mountaineers

Map Sheets

We recommend Murray Toft's map, *Touring the Wapta Icefield*. This is a 1:50,000 topographical map similar to the NTS sheets but with photos and routes marked on it.

Selected books and maps can be purchased from the ACC National Office and ACC members receive a 15% discount. Please contact us at (403) 678-3200, Ext. 1, check our website at www.AlpineClubofCanada.ca or email info@AlpineClubofCanada.ca for further details.

Equipment

The equipment list should be carefully reviewed when packing for this camp. Please do not hesitate to contact Peter or **TBD** if you have any questions at all about your equipment - we want to be sure that you have all the right gear but that you don't bring too much! Remember also that you will be carrying everything you bring, so pack lightly.

You will be asked to carry some group gear in addition to your own personal items, so leave room in your pack for 4-6 kg (10-12 pounds) of group food and gear. We recommend that the total weight of your pack not exceed 14-16 kg (30-35 pounds).

If you require rental equipment, Gear Up (On Highway 1A in Canmore) offers a 25% discount on rental gear and a 10% discount on retail climbing gear (excluding ropes) to Alpine Club of Canada Mountain Adventure participants. For further information and equipment reservations call (403) 678-1636 between 8:00 a.m. and 7:00 p.m. MT. In Calgary, the Campus Outdoor Centre at the University of Calgary www.calgaryoutdoorcentre.ca/ (403) 220-5038 8:00 a.m. to 8:00 p.m. MST, rents climbing and backcountry ski gear and accessories, and the Mountain Equipment Co-op www.mec.ca (403) 269-2420 in Calgary, or (604) 872-7858 in Vancouver, has a more limited rental inventory, but will apply a portion of your rental cost toward purchase.

2009 First Summits Summer Mountaineering Equipment List

- *Lunch for the first day*

Suggested Clothing List (please note, although this is a summer trip, winter conditions may be encountered)

- Long underwear top and bottoms (synthetic or merino wool)
- Warm outer pants (Schoeller or fleece)
- Fleece or other synthetic jacket/sweater
- Gore-Tex jacket or equivalent waterproof/breathable outer shell with hood
- Wind/waterproof shell pants
- Warm wool or synthetic socks
 - Tip: add a thin liner sock if you are prone to blisters
- Gaiters (knee height) that fit over your boots
- Warm gloves or mitts (2 pairs)
- Gore-Tex or other waterproof over-gloves or mitts
- Toque (warm hat) or balaclava suitable for under helmet
- Sun hat with neck and ear protection
- Down or synthetic insulated jacket
- Lightweight clothing and footwear for evenings inside the huts

Personal Equipment

- Larger pack - waterproof, durable, and large enough to carry a share of food and group equipment in addition to personal gear (50-70 liters).
- Sleeping bag (+5°C to -10°C / 41°F to 14°F, depending on your comfort level)
- Headlamp – LED Type is best
- Water bottle(s) - 1 litre, wide mouth, plastic with tight lid
- Sandwich box, or other container for lunch
- Lighter or matches
- Small personal first aid kit - Band-Aids, Moleskin, medications, tape, etc.
- Toilet kit including light camp towel and “Camp Suds” (biodegradable soap)
- Sunscreen and lip protection with minimum SPF 30
- Insect repellent
- Sunglasses with good UV protection
- Repair kit (extra parts and tools that are specific to your gear)
- Toilet paper (a small personal amount for during the days)
- Large plastic bag to line pack

Climbing Equipment

- Mountaineering boots - sturdy, supportive, designed for rock and snow and suitable for attachment of crampons. Leather boots recommended.
- Climbing harness
- Climbing helmet
- Crampons, mountaineering-style with front points and anti-balling plates - please fit crampons to boots *prior* to trip)
- Ice axe - approximately 70 cm (27”) length, with wrist loop
- One ice screw
- Two locking carabiners - at least one Munter (pear shape)
- Two non-locking identical carabiners

- One length of nylon webbing – 3 meters (10') long, 1" thickness.
- One Prusik cord – 5 meters (16') long, 7 mm diameter
- One Prusik cord – 1.5 meters (5') long, 7 mm diameter

Optional Equipment

- Day climbing pack
- Collapsible trekking/ski poles for hiking
- Shorts / T-shirt
- Earplugs (good for sleeping in noisy huts)
- Camera
- Pocket knife (Swiss Army or Leatherman style)
- Thermos
- Map and compass / Altimeter / GPS
- Reading material/journal/pencil
- Boot waterproofing
- Belay/rappel device
- Small personal amount of liquor / treats, if desired
- Umbrella

The ACC will supply all group gear including ropes, 1st aid kit, group repair kit, fuel, etc. All huts are supplied with eating utensils and mattresses

Some notes on equipment:

Very little equipment or replacement parts will be available on the trip, so be sure you arrive properly equipped with all items adjusted, sized and in very good condition. Shortages and inadequate gear may limit your enjoyment of the experience, rule out your participation in some activities, or impose an unnecessary burden on other participants. It is highly advisable that all equipment (particularly new, borrowed or unfamiliar gear) is checked out extensively before the camp on at least one other trip.

Please remember you must carry everything you bring - pack light!