

THE ALPINE CLUB OF CANADA
In the Footsteps of Conrad Kain Climbing Camp
Saturday August 15th to Friday August 21st, 2009.

Location: Jasper/Banff National Parks and Bugaboo Prov Park.
Guide: Conrad Janzen, (403) 760-0887, conradjanzen@yahoo.com
Camp Manager: Zac Robinson, (780) 297-4491, zac.robinson@ualberta.ca
Fee: \$2195 + \$109.75 GST = \$2304.75
Cancellation Insurance: \$164 (optional)
Participants: Six
Meeting Place: Edith Cavell Hostel, Jasper. August 15th, 2009 at 9:00am.

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 Edith Cavell Hostel will be the first port of call on this whirlwind trip. Being a "Wilderness Hostel" (run by Hostelling International), amenities are quite basic but there is purified water, a refrigerator, propane stoves and lights.

After two nights in Jasper you can hit the showers at the ACC's Canmore Clubhouse, unwind on the couches or even fire up the sauna.

A fitting conclusion to the camp will be two nights at the Kain Hut. This hut, named after "the man" himself, is perched upon a granite outcrop overlooking the Bugaboo Glacier in Bugaboo Provincial Park, British Columbia. Amenities include running water and electricity (provided by its own Hydroelectric system).

Mattresses are provided at all locations but sleeping bags will be needed. Accommodation is not provided the nights of August 14th and August 21st. If you require accommodation before or after the camp, we recommend booking in advance. Beds can be reserved at the ACC Canmore Clubhouse by phoning (403) 678-3200 ext:1, for the Edith Cavell Wilderness Hostel, contact HI on: 1-877-852-0781.

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. Breakfast on August 15th and Dinner on August 21st are not included.

Getting There

Participants' vehicles will be used to car pool between destinations, a participant list will be provided 14 weeks prior to the camp to help facilitate this. Vehicles that are not being used can be parked at the ACC Canmore Clubhouse for the duration of the camp.

Edith Cavell Hostel is about 23km south of the town of Jasper. The access road is best gained by taking the highway 93A turnoff 7km South of Jasper, this turnoff is less than 500m South of the National Park gate at the Northern end of Highway 93 (the building at the gate is easily seen from the intersection). Proceed 5.4km down highway 93A then make a right turn onto Edith Cavell road. The hostel is about 11km on the left, if you get to the end of the road you have gone about 1km too far.

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

Your meeting place is Edith Cavell Hostel in Jasper. August 15th, 2009 at 9:00am.

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

Itinerary*

- August 15 – Meet at the Edith Cavell Hostel in Jasper at 9:00am. Afternoon spent cragging in Hidden Valley. Stay at Edith Cavell Hostel.
- August 16 – East Ridge of Edith Cavell. Stay at Edith Cavell Hostel.
- August 17 – Day off to drive to Canmore. Dinner and stay at the ACC Clubhouse. Special evening speaker: "Fireside chat" with Chic Scott. Stay at the ACC Clubhouse.
- August 18 – Kain Route on Mount Louis. Stay at the ACC Clubhouse.
- August 19 – Hike into the Kain Hut in the Bugaboos. Special evening speaker: Dr. Zac Robinson. Stay at the Kain Hut .
- August 20 – Kain Route on Bugaboo Spire. Stay at the Kain Hut.
- August 21 – Weather day for Bugaboo Spire or opportunity to do another peak then hike back out of the park.

*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

Selected Alpine Climbs in the Canadian Rockies, by Sean Dougherty

The Bugaboos, by Atkinson & Piche

Backcountry Huts and Lodges of the Rockies and Columbias, by Jim Scott

General Interest

Freedom of the Hills, the Mountaineers

Map Sheets

NTS Map Sheet: 82 O/4 Banff, 83 D/9 Amethyst Lakes

Bugaboos – Summit Series, Timberline Forest Inventory Consultants. Map is printed on Tearproof/Waterproof paper.

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 Conrad or Zac 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 (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](#) (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 Footsteps of Conrad Kain Climbing Camp Equipment List

Suggested Clothing List

- Lightweight synthetic or merino T-Shirt
- Long underwear top and bottoms (synthetic or merino wool)
- Warm outer pants (e.g. Schoeller or fleece.)
- Fleece or other synthetic jacket/sweater (insulation layer)
- Gore-Tex jacket (or equivalent waterproof/breathable outer shell w/ hood)
- Wind/waterproof shell pants (Gore-Tex or equivalent, preferably full side-zip)
- Warm wool or synthetic socks
 - o Tip: add a thin liner sock if you are prone to blisters
- Warm gloves or mitts (2 pairs)
- Waterproof over-gloves or mitts
- Toque (warm hat) or balaclava
- Sun hat with neck and ear protection
- Down or synthetic insulated jacket
- Comfortable hut clothing for evenings, including insulated or fleece pants and booties

Personal Equipment

- Large size backpack (50-70 litres) for personal and some group equipment
- A smaller day climbing pack is optional, but it is recommended that it be as light and compact as possible.
- Sleeping bag (+5°C to -10°C/41F to 14F, depending on your comfort level)
- Sunglasses -close fitting with good UV protection & side shields
- Sunscreen and lip protection with minimum SPF 30
- Water bottle(s) - 1 litre, wide mouth, plastic with tight lid (hydration systems tend to rupture and freeze, so make sure you have a water bottle as well)
- Small personal first aid kit – band-aids, moleskin, duct tape, medications, etc.
- Toilet kit including towel and “Camp Suds” (biodegradable soap)
- Headlamp – LED type is best
- Toilet paper (a small personal amount for during the day)
- Lighter
- Ziploc bags/container for lunch

Climbing Equipment

- Mountaineering boots - sturdy, supportive, designed for rock and snow and suitable for attachment of crampons. Leather boots recommended.
- Climbing Shoes
- 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
- Belay device
- 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

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

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.

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

Please remember you must carry everything you bring, plus some group gear, so pack light!