

THE ALPINE CLUB OF CANADA
Marmot Women's Climbing Camp
Sunday July 5th to Friday July 10th, 2009.

Location:	Bugaboo Provincial Park, British Columbia.
Guide:	Kirsten Knetchel, (403) 760-1271, chadandkir@telus.net
Assistant Guide:	Lisa Paulson, (403) 859-2024, lisa.paulson@pc.gc.ca
Camp Manager:	Christina Brodribb (403) 678-5651, christina.brodribb@amec.com
Fee:	\$1045 + \$52.25 G.S.T. = \$1097.25
Cancellation Insurance:	\$95 (optional)
# Participants:	Seven
Meeting Place:	Time and Location TBD

Marmot, the well-known manufacturer of outdoor clothing and equipment, subsidizes this camp. The ACC thanks them for their continued contributions and support.

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 Kain Hut is perched upon a granite outcrop overlooking the Bugaboo Glacier in Bugaboo Provincial Park, British Columbia, affectionately known as "The Bugs". Amenities include running water and electricity (provided by its own Hydroelectric system). Two levels upstairs with foam mattresses provide a comfortable and warm place to sleep

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 July 5th is not included; also dinner on July 10th is not included.

Getting There

The trailhead for Bugaboo Provincial Park is via logging roads about 1.5 hours West of Brisco (Between Golden and Radium). Directions to Brisco will be provided once the meeting place is confirmed.

Participants' vehicles will be used to transport participants, food and equipment to the trailhead. The drive will take approximately 1.5 hours (from Brisco), and the forestry road, though rough, is drivable by all but the lowest ground clearance vehicles. BC Parks recommends visitors protect

their vehicle with chicken wire to deter porcupines from chewing on brake-lines and tires (there is usually sufficient chicken wire at the trailhead, if you do take your own you should take it home again after the trip). Since your car will be parked in an unattended public area for a week, do not plan to leave any valuables in it.

You will be provided with a participant list prior to the trip. Please use this list to help arrange carpooling with others on the trip.

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 still to be determined, you will be advised as soon as it is finalised.

During the group meeting Kirsten, Lisa and Christina 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*

July 5th Meet at <<location TBD>>; hike into the Kain Hut.

July 5th – 9th Climb in the bugaboos; stay at the Kain Hut

July 10 Walk out from the Kain Hut.

*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

This camp is not in a national park. If you are driving through a national park to get to the camp, but are not stopping, you do not need a park pass. If you will be making any stops in the park, you will need to get a park pass.

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

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

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 Kirsten, Lisa or Christina 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 Summer Women's Marmot Equipment List

Suggested Clothing List

- Long underwear top and bottoms (synthetic or merino wool)
- Lightweight synthetic or merino shirt for hiking / climbing if warm
- 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
 - Tip: add a thin liner sock if you are prone to blisters
- Warm gloves or mitts (2 pairs)
- Waterproof over-gloves or mitts
- Spare 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
- 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 - bandaids, moleskin, duct tape, medications, etc.
- Toilet kit including towel and "Camp Suds" (biodegradable soap)
- Headlamp - with spare batteries and bulb
- 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.
- Rock 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
- Belay Device
- 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

- A smaller day climbing pack is optional, but it is recommended that it be as light and compact as possible
- Collapsible trekking/ski poles for hiking
- Shorts / T-shirt
- Earplugs (good for sleeping in noisy huts)
- Camera (The Bugaboos are very photogenic!)
- Pocket knife (Swiss Army style or Leatherman)
- 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!