



# THE ALPINE CLUB OF CANADA

## THE ALPINE CLUB OF CANADA MEC Under 25 Climbing Camp Sunday July 5<sup>th</sup> to Thursday July 9<sup>th</sup>, 2009.

Mountain Equipment Co-op sponsors the MEC Under 25 Climbing Camp, and the ACC thanks them for their support.

<b>Location:</b>	<b>Canmore and surrounding area, Alberta.</b>
<b>Guide:</b>	<b>Sonnie Trotter, <a href="mailto:sonniejtrotter@yahoo.ca">sonniejtrotter@yahoo.ca</a></b>
<b>Guide:</b>	<b>Rob Owens, (403) 609-2599, <a href="mailto:robkowens@gmail.com">robkowens@gmail.com</a></b>
<b>Camp Manager:</b>	<b>Dave Dornian, (403) 969-9673, <a href="mailto:ddornian@telusplanet.net">ddornian@telusplanet.net</a></b>
<b>Fee:</b>	<b>\$995+ \$49.75 GST = \$1044.75</b>
<b>Cancellation Insurance:</b>	<b>\$95 (optional)</b>
<b># Participants:</b>	<b>Nine</b>
<b>Meeting Place:</b>	<b>To Be Determined.</b>

### 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](mailto: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 Clubhouse during this camp.

### Accommodation

Participants will stay at the ACC Canmore Clubhouse for the duration of the camp. The Clubhouse is a hostel-style facility, which sleeps up to 31 people in 7 newly renovated separate rooms (3-7 people per room). Sheets, blankets, pillows and towels are provided (or you may bring your own if you wish). Accommodation on the nights of July 4<sup>th</sup> and 9<sup>th</sup> are not included. If you would like to book extra nights before or after the camp, phone the Clubhouse on (403) 678-3200 ext: 1.

### 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. 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 5<sup>th</sup> and Dinner on July 9<sup>th</sup> 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.

Canmore, Alberta is about one and a half hours west of Calgary (via the #1 Highway). Canmore 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. The Banff Airporter ([www.banffairporter.com](http://www.banffairporter.com)) and Sundog Tours ([www.sundogtours.com](http://www.sundogtours.com)) provide a service from Calgary airport to Canmore.

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**

**<<To Be Determined>>.**

During the group meeting Sonnie, Rob and Dave 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 5	Work on climbing techniques at the VSION Climbing gym in Canmore
July 6	Outdoor sport climbing skills day
July 7	Outdoor sport climbing skills day
July 8	Multi-pitch trad climbing day
July 9	Multi-pitch trad climbing day

\*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](http://www.travelunderwriters.com) or call them direct at 1-800-663-5389.

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

### **Park Passes**

This camp is not based in a national park but climbing venues may be within Banff National Park. You should be aware that if climbing in the National Park, you will need to buy 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](http://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](http://www.pc.gc.ca/docs/pc/guide/nature/nature01_e.asp)).

### **Recommended Reading**

#### **Guidebooks**

*Sport Climbs in the Canadian Rockies*, by Martin & Jones.

*Bow Valley Rock*, by Perry & Josephson

#### **General Interest**

*Freedom of the Hills*, the Mountaineers

#### **Map Sheets**

NTS Map Sheet: 82 O/4 Banff

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](http://www.AlpineClubofCanada.ca) or email [info@AlpineClubofCanada.ca](mailto: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 Sonnie, Rob or Dave 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.

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(8:00 am and 7:00 pm MST). In Calgary, the [Campus Outdoor Centre](#) at the University of Calgary (403) 220-5038(8:00 am to 8:00 pm 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.

# GEAR LIST

## 2009 MEC Under 25 Climbing Camp

Although it will be Summer, the weather can vary greatly in the Rockies, it could be blazing hot or it could be snowing. Sometimes the shade of a Canyon can be pretty chilly even on a warm day. Obviously climbing areas/routes will be chosen according to the conditions, but you should be prepared.

### Suggested Clothing List

- Pants and/or Shorts suitable for Climbing
- T-Shirt for Cragging, Lightweight Synthetic or Merino is best for multipitch days
- Long underwear top and bottoms (synthetic or merino wool)
- Lightweight Shoeller type pants
- Fleece or other synthetic jacket/sweater (insulation layer)
- Gore-Tex or equivalent waterproof/breathable **Lightweight** shell jacket with hood
- Gore-Tex or equivalent waterproof/breathable **Lightweight** shell pants
- Warm wool or synthetic socks
  - Tip: add a thin liner sock if you are prone to blisters
- Warm gloves or mitts, Windproof/Water Resistant
- Toque (warm hat)
- Sun hat
- Down or synthetic insulated jacket or vest
- Comfortable clothing for evenings

### Personal Equipment

- Day Pack 25-30L for hauling gear to the Climbs
- Sleeping bag (+5°C to -5°C/41°F to 23°F, depending on your comfort level)
- Sunglasses -close fitting with good UV protection
- 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, Towels are provided at the Clubhouse
- Headlamp – Lightweight LED Type is best
- Toilet paper (a small personal amount for during the day)
- Ziploc bags/container for lunch

### Climbing Equipment

- Sturdy Hiking or Approach Shoes, consider lightweight in case you have to carry them up a route.
- Climbing Shoes
- Climbing harness
- Climbing helmet
- 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

- Lightweight "Bullet" Pack for multipitch days (holds about 15L)
- Collapsible trekking/ski poles for hiking

- Earplugs (good for sleeping in noisy dorms)
- Camera
- Pocket knife (Swiss Army style or Leatherman)
- Map and compass / Altimeter / GPS
- Reading material/journal/pencil
- Small personal amount of liquor / treats, if desired
- Umbrella

**The ACC will supply all group gear including ropes, first aid kit, group repair kit, fuel, etc.**

**Some notes on equipment and footwear:**

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 that poorly fitted, untested and non broken-in footwear can cause blisters. Blisters can potentially ruin your trip, if you are skeptical about the comfort of your footwear then make sure to bring extra moleskin and apply at the first onset of a hot spot. Make yourself familiar with blister prevention and treatment.