

THE ALPINE CLUB OF CANADA
Banff Mountain Film Festival Ice Camp
Monday November 10th to Thursday November 13th, 2008

Location: Canadian Rockies
Guide: Rob Owens, (403) 609-2599, robkowens@gmail.com
Assistant Guide: Sean Isaac, (403) 609-3668, sean@seanisaac.com
Camp Manager: Nancy Hansen, (403)678-7431, nhansen@afdata.com
Fee: \$650.00 + \$32.50 G.S.T. = 682.50
Cancellation Insurance: \$67 (optional)
Participants: Eight
Meeting Place: Evelyn's Again on Bear Street in Banff, AB

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.

Accommodation

Based out of Banff following the Banff Mountain Film Festival you will return to the warmth, comfort and hospitality of Banff at the end of the day to relive your day over a hotel meal and cold beverage. Accommodation is not provided for this camp but there is plenty of special Festival pricing at the Banff Centre and in the town site.

Meals

Yummy lunches will be prepared for you each day. Breakfast and dinners are not included but there are several restaurants and cafes in Banff to choose from.

Getting There

Banff, Alberta, is just under 2 hours west of Calgary (via the #1 Highway). Banff can easily be reached by car or bus. For bus schedules, inquire at your local bus depot. The most convenient airport to Banff 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 and equipment from Banff to the trailhead of the ice climbing areas. Since your car will be parked in an unattended public area, do not plan to leave any valuables in it.

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 at Evelyn's Again on Bear Street in Banff at 8:00AM (Mountain Time) on November 10, 2008.

Itinerary*

November 10th Meet at “Evelyn’s Again” on Bear Street in Banff at 8:00AM
November 10th – 13th Four days of climbing in the Banff area.
November 13th Camp ends after day of climbing.

**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) and insurance for visitors to Canada. To find out more about their insurance options, visit the Travel Underwriters website at www.travelunderwriters.com or Shelley Secord at 403-678-3200 ext. 112.

Park Passes

Park entry fees are not included in your camp 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

Waterfall Ice, Climbs in the Canadian Rockies, 4th edition, 2002 by Joe Josephson

General Interest

Ice & Mixed Climbing: Modern Technique by Will Gadd, The Mountaineers Books
Place Names of the Canadian Alps, by Putnam, W.L. et al
Freedom of the Hills, the Mountaineers

Equipment

The equipment list should be carefully reviewed when packing for this camp. Please do not hesitate to contact the camp staff 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!

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Equipment List

Suggested Clothing List

- Long underwear top and bottoms (synthetic or merino wool)
- Warm outer pants (e.g. Schoeller or fleece.)
- Fleece or other synthetic jacket/sweater
- 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
- Gaiters (knee height) that fit over your boots
- Warm gloves or mitts (2 pairs)
- Gore-Tex or other waterproof over-gloves or mitts (2 pairs recommended)
- Toque (warm hat) or balaclava – suitable for under helmet
- Sun hat with neck and ear protection
- Down or synthetic insulated jacket
- Hut/town shoes

Personal Equipment

- Climbing Pack - waterproof, durable, and large enough to carry a share of food and group equipment in addition to personal gear on day climbs (40-60 liters).
- Sunglasses 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 including light camp towel
- Headlamp - with spare batteries and bulb
- Toilet paper (a small personal amount for during the day)
- Sandwich box/container or Ziploc bags for lunch

Climbing Equipment

- Full shank mountaineering boots - leather or plastic, sturdy, supportive, designed for rock and snow and suitable for attachment of crampons
- Crampons with front points and anti-snow plates (prefer rigid-style crampons, please fit to boots *prior* to trip)
- Waterfall ice tools (2)
- Climbing helmet
- Two locking carabiners - at least one MÜNTER (pear shape)
- Two non-locking identical carabiners
- One 3-meter (10') length, 1" webbing sling
- One Prusik cord - 5 metres (16') long, 7 mm diameter
- One Prusik cord- 1.5 metres (5') long, 7 mm diameter
- Belay/rappel device

Optional

- Ice screws, if you have them
- Collapsible trekking/ski poles for approaches
- Clear eye protection (i.e. safety glasses or clear goggles)
- Boot waterproofing
- File for sharpening tools and crampons
- Spare ice tool pick
- Reading material, journal, pencil
- Camera
- Pocket knife (Swiss Army style)
- Thermos

The ACC will supply all group gear including ropes, 1st aid kit, group repair kit, additional technical gear etc.

Some notes on equipment:

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 all your climbing gear to the routes each day. Consider carefully what you bring!