

2010 MEC Under 25 Climbing Camp Equipment List

Lunch for the first day

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 (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

- Backpack (35-45 litres) for personal and some group equipment
- Sleeping bag (warmth will be 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

- Climbing Shoes
- Mountaineering boots - sturdy, supportive, designed for rock and approaching climbs.
Leather boots recommended.
- Climbing harness
- Climbing helmet
- 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
- Collapsible trekking/ski poles for hiking
- Belay/rappel device

Optional Equipment

- Shorts / T-shirt
- Earplugs (good for sleeping in noisy huts)
- Camera
- 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!