



THE ALPINE CLUB OF CANADA

ACC GEAR LIST: TNF SUMMER

Suggested Clothing List

- Long underwear — top and bottoms (synthetic or merino wool)
- Shirts – two long sleeved
- Climbing pants — durable, and non-restrictive; soft shell or synthetic, Schoeller wool,
- Jacket or Sweater – (insulating layer: fleece or wool)
- Down Jacket
- Waterproof/breathable outer shell jacket with hood — (Gore-Tex or equivalent)
- Waterproof shell pants or rain pants (possibly Gore-Tex or equivalent, preferably full side-zip)
- Socks — synthetic or wool. Three pairs minimum (plus thin liner socks if you are prone to blisters)
- Insulated gloves (Gore-Tex or equivalent / gloves preferable rather than mitts)
- Light weight gloves (fleece or lightly insulated leather type)
- Spare gloves
- Toque (warm hat)
- Gaiters
- Sun hat — with neck covering recommended (or baseball cap with bandana)
- Comfortable warm clothing for evenings – Jeans, shoes for around camp i.e. approach shoes, runners, sandals or crocs. Rubber boots are a luxury item if the weather forecast looks wet!

Personal Equipment

- *Lunch for the first day* (Saturday)
- Waterproof notebook — (to make notes in the field) with two mechanical pencils (i.e. BIC pencils)
- Larger 8 ½" X 11" notebook – optional in addition to small waterproof notebook (to make notes in class for those who prefer a larger format)
- Climbing pack – waterproof, sufficient to carry climbing gear/spare clothing/lunch (35 - 45 litres)
- Sandwich box – for daily lunches, no paper bags or wrapping materials are provided
- Mug (plastic) & personal spoon – for drinks & munchies between meals
- Sleeping bag – adequate to -10°C (+14°F)
- Mattress – Thermarest, ensolite, air or foamy with waterproof cover
- Glacier glasses or sun sunglasses – good UV protection and side shields (plus spare pair)
- Sunscreen and lip protection – SPF 30 or more recommended
- Insect repellent
- Water bottle(s) – 1 litre, wide mouth, plastic with a tight lid (hydration systems tend to rupture or freeze, so make sure you have a water bottle as well)
- First Aid Kit – small personal kit with Band-Aids, tape, blister care products, medications, etc
- Toilet supplies:
 - towel, washcloth, biodegradable soap, mirror, razor, personal medication and hygiene items,
 - toilet paper is provided but we recommend a small personal supply
- Headlamp – LED type is best with spare batteries
- Lighter
- Duffel bag or large pack – waterproof or plastic lined, large enough for fly-in gear

Climbing Equipment

- NOTE: gear MUST be CE or UIAA approved and in good repair. Ropes are provided by the camp.
- Mountaineering boots – sturdy, supportive, suitable for rock and snow and suitable for attachment of crampons. Check crampon fit and compatibility at home. Bring spare laces.

- Crampons with front points (Insure they fit the boots you're bringing with you and are in good condition) Anti-bot plates are mandatory.
- Climbing helmet
- Climbing harness (Modern design, CE approved and in good shape)
- Mountaineering ice axe – appropriate size for general mountaineering (60cm minimum)
- One technical ice tool with hammer end instead of adze
- Two locking D carabiners
- Two locking Munter/HMS carabiners — (pear shape)
- One triple action locking carabiner — (mandatory)
- Several non-locking carabiners (perhaps a half dozen with at least two that are identical D shape)
- Modern belay/rappel device (i.e. ATC, ATC Guide, Reverso 2 or 3)
- One double length nylon, Spectra™ or Dyneema™ webbing (120cm sewn sling)
- 1" nylon webbing – 4-5 metres (13'-16') long
- Two Prusik/Accessory cords – 5 metres (16.5') long, 7mm diameter
- One Prusik/Accessory cord – 1.5 metres (5') long, 7mm diameter
- One Accessory cord – 10 metres (33') long, 6mm diameter for making a set of Purcell Prusik lanyards (or 6.5mm Bluewater Dynamic Prusik cord if you can get it – available from Cyril if you request it at least 14 days in advance)
- Four runners — (nylon, Dyneema™ or Spectra™ webbing slings - 60cm sewn or tied)
- Small alpine rock rack – 4-6 small to medium cams and 6-8 medium wired nuts (NOT a full rack please)
- Rock shoes – comfortable enough to wear for an extended period of time
- Three or four ice screws (modern style stainless / at least one should be 22cm length)
- Abalakov "hooker" tool
- Compass (which has the ability to set declination)
- Map of area (1:50,000 scale; full topographic map sheet please)
- Ski pole(s) for hiking and approaches. (Should be 3 section, collapsible poles in order to be stored safely on your back when climbing)

Optional Equipment

- One Screamer or equivalent load limiting runner
- Lightweight pulley for crevasse rescue (i.e. Petzl mini Prusik minding pulley)
- Altimeter/GPS
- Shorts & t-shirt

- Ear plugs (to block out snoring or noisy neighbours)
- Camera + spare battery + memory card or film
- Swiss army knife or lightweight Leatherman tool
- River crossing shoes (old runners, strap on sandals, etc.)
- Thermos
- Down or pile vest
- Boot waterproofing if required
- Small personal amount of liquor/treats, if desired
- Umbrella — pocket size, for around camp in the event of rain
- Spare eye glasses
- Reading material
- Small alarm clock
- Light weight chair for sitting around outside your tent i.e. Thermarest™ chair
- Small alarm clock
- Pee bottle for tent use
- Small supply of Handi-wipes

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