



THE ALPINE CLUB OF CANADA

ACC GEAR LIST –

## Bow Peyto Discovery

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### SUGGESTED CLOTHING

- Long underwear top and bottoms (synthetic or merino wool)
- Soft shell pants or waterproof rain pants (in the case of wet weather instruction will continue and you may be standing around in the rain for periods of time)
- Fleece or other synthetic jacket/sweater (insulation layer)
- Gore-Tex jacket (or equivalent waterproof/breathable outer shell w/hood)
- Warm wool or synthetic socks
- Tip: add a thin liner sock if you are prone to blisters
- Warm gloves (2 pairs)
- Toque (warm hat) or balaclava
- Sun hat with neck and ear protection
- Down or synthetic insulated jacket
- Comfortable hut clothing for evenings
- Hut booties (booties, flip flops, crocks, sneakers, etc)

### PERSONAL GEAR

- Pen to sign waivers (black or blue ink only)

- Large size backpack (50-60 litres) with space for personal and some group equipment
- Sleeping bag (+5°C to -5°C/41F to 14F, depending on your comfort level)
- Cash to tip guide (optional)
- 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
- Small personal first aid kit – band-aids, moleskin, duct tape, medications, etc.
- Toilet kit including towel and “Camp Suds” (biodegradable soap)
- Headlamp — with spare batteries
- Toilet paper (a small personal amount for during the day)
- Lighter
- Ziploc bags/container for lunch

## CLIMBING EQUIPMENT

- Mountaineering boots (Must be sturdy, supportive, designed for rock and snow and suitable for attachment of crampons)
- Crampons (mountaineering style with front points and anti balling plates (please fit crampons to boots prior to your trip)
- Climbing Harness
- Climbing helmet
- Belay/ rappel device
- Mountaineering axe (approximately 55-70 cm long)
- 1 x Ice screw (at least 20 cm long)
- 1 x Triple locking carabiner
- 2 x Pear-shaped locking carabiner

- 3 x identical non-locking carabiners
- 1 x 120 cm Sewn sling
- 1 x Prusik (1.5 meters x 6mm or 13.5 hollow block)
- 1 x Cordelette (5 meters x 7 mm)

## OPTIONAL

- Collapsible hiking poles (highly recommended)
- Map and compass/altimeter/GPS
- Small journal and pencil
- Ear plugs
- Pocket knife
- Small personal amount of liquor or treats if desired
- Boot waterproofing
- Camera, spare battery, and memory card
- Water purification tablets or UV light pen

***The ACC will supply any necessary group gear***

## WHERE TO RENT GEAR

Most cities have local gear rental stores, but here are a few local shops to check out. We recommend calling ahead at least a few days to book gear so it doesn't sell out.

**Gear Up!**

<https://www.gearupsport.com/backcountry-ski-rental-canmore>

1302 Bow Valley Trail, Canmore AB

403-678-1636

\*ACC members get a 10% discount!

**Wilson Sports**

<https://www.wmsll.com/>

Building A – Samson Mall

201 Village Road

Lake Louise, AB

888-547-2559

[info@wmsll.com](mailto:info@wmsll.com)

**MEC**

<https://www.mec.ca/en/stores/Calgary>

830 10 Ave SW, Calgary, AB T2R 0A9

[\(403\) 269-2420](tel:4032692420)