



## THE ALPINE CLUB OF CANADA ACC GEAR LIST – Intro to

# Mountaineering

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### SUGGESTED CLOTHING

- 2 x Base layer top and bottoms (synthetic or merino wool)
- Warm outer pants (e.g. Schoeller, quick to dry, breathable fabric)
- Fleece or other synthetic jacket (synthetic or merino wool)
- Down or synthetic insulated jacket ('puffy')
- Outer shell jacket (GoreTex preferred, or waterproof, breathable equivalent)
- Wind/waterproof shell pants (GoreTex is preferred, with full side-zip)
- Gaiters
- 2-3 x Warm socks (wool, fleece, or synthetic)
- 1 x Warm gloves or mitts
- 1 x Light gloves or liners
- Warm toque or balaclava
- Sun hat with neck and ear protection
- **Optional:** Hut booties or slippers for in hut
- **Optional:** Comfortable clothes to change into in the evenings

### PERSONAL GEAR

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

- A multi-day pack (40-50L is usually the standard)
- Sleeping bag (5°C to -5°C, depending on your comfort level)
- Headlamp with spare batteries and bulb
- Sunglasses (close-fitting with good UV protection)
- Sunscreen and SPF lip protection
- Small personal first aid kit with blister kit
- Toothbrush and tooth paste
- Toilet paper and hand sanitizer
- Minimum 1L wide-mouth, plastic water bottle (NO hydration systems as the hose tends to freeze on cold days)
- Small container for lunch, daily

## CLIMBING EQUIPMENT

- Mountaineering boots **or** stiff hiking 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 EQUIPMENT

- 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 (not shown on this list) including ropes, group first aid kit, group inReach etc.***

## 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)