



## THE ALPINE CLUB OF CANADA

# ACC GEAR LIST – Eisenhower Climb

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### SUGGESTED CLOTHING

- 2-3 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)
- Outer shell jacket (GoreTex preferred, or waterproof, breathable equivalent)
- 2-3 x Hiking socks (wool, fleece, or synthetic)
- Warm toque or balaclava
- Sun hat with neck and ear protection
- Approach Shoes or light mountaineering boots (for the approach and some of the climb)

### PERSONAL GEAR

- Pen to sign waiver (blue or black ink only)
- A small overnight pack (35-50L is usually the standard)
- Sleeping bag (5°C to 0°C, depending on your comfort level)
- Headlamp with spare batteries
- Bear spray
- Sunglasses (close-fitting with dark lenses)
- Sunscreen and SPF lip protection
- Small personal first aid kit with blister kit

- Toilet paper and hand sanitizer
- Small food storage container for daily lunch
- Minimum 1L wide-mouth, plastic water bottle (NO hydration systems as the hose tends to freeze on cold days)
- Map and compass/altimeter/GPS
- Collapsible hiking poles (highly recommended)

## CLIMBING EQUIPMENT

- Climbing harness
- Climbing helmet (No bike, ski or other non-climbing helmets)
- Climbing Shoes
- Chalkbag
- Auto-braking or manual braking belay device
- Belay gloves or thin gloves
- Light Insulated gloves for colder weather
- 3 x Locking carabiners
- 2 x Non-locking carabiners
- 1 x 120 cm Dyneema or nylon sewn slings
- 1 x Personal tether (120cm sewn sling, PAS, Petzl Connect, Purcell Prusik, etc.)
- 1 x Prusik (1.5 meters x 6mm or 19.5 hollow block)

## OPTIONAL

- Small journal and pencil
- Ear plugs
- Pocket knife
- Gaiters

- Boot waterproofing
- Camera
- Lighter

***The ACC will supply all group gear including ropes, first aid kit, 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:(403)269-2420)