

# **Hut Based Hiking Camps**

# 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
- Light shoes/ slippers for around the hut

# 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 and blub
- 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)

# **OPTIONAL**

- Small journal and pencil
- Ear plugs
- Pocket knife
- Small personal amount of liquor or treats if desired
- 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

# **MEC**

https://www.mec.ca/en/stores/Calgary 830 10 Ave SW, Calgary, AB T2R 0A9 (403) 269-2420