



THE ALPINE CLUB OF CANADA

ACC GEAR LIST —

Intermediate/Advanced Mountaineering

Suggested Clothing List

- Long underwear top and bottoms (synthetic or merino wool)
- Warm outer pants (e.g. fleece, merino wool)
- Fleece or other synthetic jacket/sweater (insulation layer)
- Gore-Tex jacket (or equivalent waterproof/breathable outer shell w/hood)
- Wind/waterproof shell pants (Gore-Tex or equivalent, preferably full side-zip)
- Warm wool or synthetic socks
- Tip: add a thin liner sock if you are prone to blisters
- Warm gloves (2 pairs)
- Waterproof over-gloves or mitts
- Toque (warm hat) or balaclava
- Sun hat with neck and ear protection
- Down or synthetic insulated jacket
- Comfortable hut clothing for evenings, booties

Personal Equipment

- Large size backpack (50-70 litres) for personal and some group equipment. Also consider bringing a smaller climbing pack
- Sleeping bag (+5°C to -5°C, depending on your comfort level)
- 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
- Headlamp — with spare batteries and bulb
- Toilet paper (a small personal amount for during the day)
- Lighter
- Ziploc bags/container for lunch

Climbing Equipment

- Mountaineering boots — sturdy, supportive, designed for rock and snow and suitable for attachment of crampons.
- Climbing harness
- Climbing helmet
- Belay/rappel device
- Crampons, mountaineering-style with front points and anti-balling plates — please fit crampons to boots prior to trip)
- Ice axe - approximately 55 - 70 cm in length
- One ice screw
- Two locking carabiners — at least one Munter (pear shape)
- Two non-locking identical carabiners
- Two Prusik cords – 1.5 metres (5') long, 7 mm diameter

Optional Equipment

- Collapsible trekking/ski poles for hiking
- Shorts/t-shirt
- Earplugs (good for sleeping in noisy huts)
- Camera, spare batteries and memory card
- Pocket knife (Swiss Army style)
- Thermos
- Map and compass/Altimeter/GPS
- Reading material/journal/pencil
- Boot waterproofing

- Small personal amount of liquor/treats, if desired
- Mosquito repellent
- Water purification tablets (Aquatabs) or UV light pen
- Gaitors

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