



THE ALPINE CLUB OF CANADA

ACC GEAR LIST – Rock Rescue

SUGGESTED CLOTHING

- Approach shoes
- Light shirt (synthetic or merino wool)
- Light pants/shorts (synthetic or merino wool)
- Fleece or other synthetic jacket (synthetic or merino wool)
- Outer shell jacket (GoreTex preferred, or waterproof, breathable equivalent)
- Wind/waterproof shell pants (GoreTex is preferred, with full side-zip)
- 2 x Hiking socks (wool, fleece, or synthetic)
- 1 x Light gloves or liners
- Sun hat with neck and ear protection

PERSONAL GEAR

- Pen to sign waiver (blue or black ink only)
- A day pack (40L is usually the standard)
- Sunglasses (close-fitting with good UV protection)
- Sunscreen and SPF lip protection
- Small personal first aid kit with blister kit
- Small amount of toilet paper and hand sanitizer

- Minimum 1L wide-mouth, plastic water bottle (NO hydration systems as the hose tends to freeze on cold days)
- Lunch and snacks for the day

CLIMBING EQUIPMENT

- Climbing harness
- Climbing helmet
- Auto-braking belay device (e.g. BD ATC Guide or Petzl Reverso)
- Belay gloves or thin gloves
- Quickdraws (avoid sharing, if possible)
- 1 x Triple locking carabiner
- 3 x Larger, munter locking carabiner
- 3 x Smaller D-style locking carabiners
- 6 x Non-locking carabiners
- 1 x 60 cm Dyneema or nylon sewn sling
- 2 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 13.5 hollow block)
- 2 x Cordelette (5 meters x 7 mm)
- Quicklink (must be rated with Nk stamp)
- Any additional gear that you may want to use or learn about

OPTIONAL EQUIPMENT

- Collapsible hiking poles (highly recommended)
- Map and compass/altimeter/GPS

- 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

MEC

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

830 10 Ave SW, Calgary, AB T2R 0A9

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