



THE ALPINE CLUB OF CANADA
ACC GEAR LIST – Shadow Lake Lodge
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)
- Waterproof pants (GoreTex preferred, or waterproof, breathable equivalent)
- 2-3 x Hiking socks (wool, fleece, or synthetic)
- Gloves
- Warm toque or balaclava
- Sun hat with neck and ear protection
- Light shoes/ sandals for around the lodge

PERSONAL GEAR

- Pen to sign waiver (blue or black ink only)
- A day pack (20-30L is usually the standard)
- Well-fitting hiking boots (properly sized and broken in before the trip)
- Headlamp with spare batteries and bulb
- Bear spray (everyone should have their own personal bear spray)
- Insect repellent

- 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)

OPTIONAL

- Map and compass/altimeter/GPS
- Collapsible hiking poles (highly recommended)
- Small journal and pencil or book
- Ear plugs
- Pocket knife
- Small personal amount of liquor or treats if desired
- Camera and charger

The ACC will supply all necessary group gear

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)