



THE ALPINE CLUB OF CANADA

ACC GEAR LIST – Alpine

Climbing Camps

SUGGESTED CLOTHING

- 2 x Base layer top and bottoms (synthetic or merino wool)
- Quick dry, breathable climbing pants
- Fleece or other synthetic jacket (synthetic or merino wool)
- Lightweight down or synthetic insulated jacket ('puffy')
- Outer shell jacket (GoreTex preferred, or waterproof, breathable equivalent)
- Wind/waterproof shell pants (GoreTex is preferred, with full side-zip)
- 2-3 x Warm socks (wool, fleece, or synthetic)
- 2 x Warm mountaineering gloves or mitts
- 1 x Light gloves or liners
- Warm toque or buff
- Sun hat with neck and ear protection
- **Optional:** Camp shoes or sandals
- **Optional:** Comfortable clothes to change into in the evenings

PERSONAL GEAR

- Pen to sign waiver (blue or black ink only)
- A medium-sized pack (40-45L is usually the standard)

- Pack cover (well-fitted and secure in the wind)
- Tent (the ACC has a limited number available to lend for the camp)
- Sleeping bag (5°C to -5°C, depending on your comfort level)
- Sleeping pad or Therm-a-rest (if bringing an inflatable pad, make sure it doesn't leak and bring a patch kit in case!)
- Camp stove, pots, and gas (the ACC has a limited number available to lend for the camp)
- Mug, bowl/plate, and eating utensils
- Food for whole trip
- Dish bin and biodegradable soap for dishwashing
- Headlamp with spare batteries and bulb
- Sunglasses (close-fitting with good UV protection)
- Sunscreen and SPF lip protection
- Small personal first aid kit with blister kit
- Toothbrush and tooth paste
- Toilet paper and hand sanitizer
- Minimum 1L wide-mouth, plastic water bottle (NO hydration systems as the hose tends to freeze on cold days)
- Small container for lunch, daily

CLIMBING EQUIPMENT

- Mountaineering boots (Must be sturdy, supportive, designed for rock and snow and suitable for attachment of crampons)
- Crampons (steel, not aluminum, mountaineering style with front points and anti balling plates (please fit crampons to boots prior to your trip)
- Climbing Harness
- Climbing helmet

- Belay/ rappel device
- Mountaineering axe (approximately 55-70 cm long)
- 1 x Ice screw (at least 20 cm long)
- 1 x Triple locking carabiner
- 2 x Pear-shaped locking carabiner
- 3 x identical non-locking carabiners
- 1 x 120 cm Sewn sling (preferable) or 1 x 3 meters of 1" thick nylon webbing
- 1 x Prusik (1.5 meters x 6mm or 13.5 hollow block)
- 2 x Cordelette (5 meters x 7 mm)
- Rock shoes and chalk bag

OPTIONAL EQUIPMENT

- Collapsible hiking poles (highly recommended)
- Map and compass/altimeter/GPS
- Small journal and pencil
- Ear plugs
- Pocket knife
- Small personal amount of liquor or treats if desired
- Boot waterproofing
- Camera, spare battery, and memory card
- Water purification tablets or UV light pen

The ACC with 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:(403)269-2420)