



THE ALPINE CLUB OF CANADA

ACC GEAR LIST – AST 1

SUGGESTED CLOTHING

- Base layer top and bottoms (synthetic or merino wool)
- Warm thermal layer top ((synthetic or merino wool)
- Down or synthetic insulated jacket ('puffy')
- Shell jacket (GoreTex preferred)
- Warm, waterproof, and vented pants (softshell or GoreTex)
- Gaiters (if pants don't have built-in snow cuff)
- Ski socks (wool, fleece, or synthetic)
- Balaclava, buff, or face protection
- Light gloves or liners
- Insulated gloves or mitts
- Toque

AVALANCHE SAFETY EQUIPMENT

- Avalanche transceiver/beacon (digital 3-antenna beacon is the ACC standard)
- Probe (standard is at least 3m)
- Shovel (collapsible, metal avalanche shovel)
- Backcountry touring set-up (AT or telemark or splitboard, skins, and boots)
- Poles (splitboarders too)
- Ski helmet and goggles (highly recommended for all skiers and splitboarders)

PERSONAL GEAR

- Pen to sign waiver (blue or black ink only)
- A daypack (30L is usually the standard)
- Sunglasses (dark lenses recommended)
- Sunscreen and SPF lip protection
- Small personal first aid kit with blister kit
- Small amount of toilet paper for emergencies
- Lunch and snacks (should be easy to eat in the field)
- Minimum 1L water bottle (NO hydration systems as the hose tends to freeze on cold days)
- **Optional:** Thermos with hot drink
- **Optional:** Camera
- **Optional:** Face Mask

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](tel:(403)269-2420)