



THE ALPINE CLUB OF CANADA

ACC GEAR LIST – Ice Camps

SUGGESTED CLOTHING

- Base layer top and bottoms (synthetic or merino wool)
- Warm thermal layer top (synthetic or merino wool)
- Warm down or synthetic insulated jacket ('puffy')
- Windproof, softshell jacket
- Outer shell jacket (GoreTex preferred, or waterproof, breathable equivalent)
- Waterproof pants (GoreTex preferred, or waterproof, breathable equivalent)
- Gaiters if pants aren't snug over boots
- Warm over pants
- 2 x warm socks (wool, fleece, or synthetic)
- 2 x Light gloves or liners
- 2 x Insulated gloves or mitts
- Balaclava, buff, and/or warm toque that fits under helmet

CLIMBING EQUIPMENT

- Ice climbing boots
- Harness
- Helmet
- Belay device
- 2 x Locking carabiner

- 1 x 120 cm sewn sling
- Ice tools (no leash or adze)
- Ice climbing crampons (full step-in with dual or mono point)
- **Optional:** Extra picks and tool kit for ice tools and crampons

PERSONAL GEAR

- Pen to sign waiver (blue or black ink only)
- A daypack or small multi-pitch pack (20-30L is usually the standard)
- Headlamp with spare batteries
- Sunglasses (close-fitting with dark lenses)
- Sunscreen and SPF lip protection
- Small personal first aid kit with blister kit
- Small amount of toilet paper
- Lunch and snacks (should be easy to eat in the field)
- Minimum 1L wide-mouth, plastic water bottle (NO hydration systems as the hose tends to freeze on cold days)
- **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:4032692420)