



THE ALPINE CLUB OF CANADA ACC GEAR LIST – Intro to

Backcountry Skiing

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)
- Warm, vented, waterproof pants (preferably with built-in gaiter or snow cuff)
- Ski socks (wool, fleece, or synthetic)
- Light gloves for the up-track
- Warm ski gloves or mitts
- Balaclava, buff, and/or warm toque
- Sunhat with neck and ear protection

SKI EQUIPMENT

- Digital 3-antenna avalanche beacon with spare batteries
- Avalanche probe (standard is at least 3m)
- Collapsible, metal avalanche shovel
- Alpine touring skis or telemark skis or splitboard

- Skins (properly fitted to skis, full-width, and well glued)
- Ski boots
- Adjustable ski poles
- Ski helmet
- Ski goggles (orange lenses highly recommended)

PERSONAL GEAR

- Pen to sign waiver (blue or black ink only)
- A daypack (30L is usually the standard)
- 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:(403)269-2420)