



THE ALPINE CLUB OF CANADA

ACC GEAR LIST – GMC

SUGGESTED CLOTHING

- 2 x Base layer top and bottoms (synthetic or merino wool)
- Soft Shell pants (e.g. Schoeller, quick to dry, breathable fabric)
- Fleece or other synthetic jacket (synthetic or merino wool)
- 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)
- Gaiters
- 2-3 x Warm socks (wool, fleece, or synthetic)
- Warm gloves or mitts
- Light gloves or liners
- Warm toque or balaclava
- Sun hat with neck and ear protection
- Camp Shoes: runners or sandals
- Comfortable clothes to change into in the evenings
- Optional: Hooded Sun Shirt

PERSONAL GEAR

- *Lunch for the first day* (Saturday)

- Duffel bag — waterproof or plastic lined, large enough for fly-in gear (90-100 litre)
- Climbing day pack — sufficient to carry climbing gear/spare clothing/lunch (+/- 35 liters recommended)
- Sleeping bag (5°C to -10°C, depending on your comfort level)
- Mattress — Thermarest, ensolite
- Mug – For drinks around camp
- Headlamp with spare batteries and blub
- Sunglasses (close-fitting with good UV protection)
- Sunscreen and 30+ SPF lip protection
- Insect repellent
- Alarm Clock
- Small personal first aid kit with blister kit- — band aids, moleskin, duct tape, medications, etc.
- Toothbrush and toothpaste
- Toilet paper and hand sanitizer (toilet paper is provided but we recommend a small personal supply)
- 1L wide-mouth, plastic water bottle(s). (If using a hydrations system, it must be durable and have a reliable closure system.)
- Toiletries — towel, washcloth, biodegradable soap, mirror, razor, personal medication and hygiene items
- Small container for lunch, daily

Essential CLIMBING EQUIPMENT

- Mountaineering boots **or** stiff hiking boots (Must be sturdy, supportive, designed for rock and snow and suitable for attachment of crampons)
- Crampons (mountaineering style with front points and anti balling plates (please fit crampons to boots prior to your trip)

- Climbing harness (with belay loop and adjustable leg loops)
- Climbing helmet (easily adjustable that fits with a hat)
- Mountaineering axe (approximately 55-70 cm long)
- Two locking carabiners — at least one Munter (pear shape) **If buying the carabiners, make sure at least one of them is a “triple action locking carabiner”, i.e., Petzl William Ball Lock carabiner or a “triple action carabiner with a captive eye”. Captive eyes helps keep the carabiner oriented properly and prevents cross loading.
- Two identical non-locking carabiners
- 1 x 120 cm Sewn sling
- 1 x Prusik (1.5 metres x 6mm or 13.5 hollow block)
- 1 x Cordelette (5 metres x 7 mm)
- **Guides and leaders will have all the technical climbing gear needed for the GMC objectives

OPTIONAL EQUIPMENT

- Collapsible hiking poles (highly recommended)
- 1 x Ice screw (at least 20 cm long)
- Belay device
- Rock shoes
- 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
- Umbrella
- Light weight chair for sitting around outside your tent i.e. thermarest chair

The ACC will supply any necessary group gear (not shown on this list) including ropes, group first aid kit, *emergency communication device* 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)