



THE ALPINE CLUB OF CANADA

ACC GEAR LIST – Intro to Ski

Mountaineering

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)
- Softshell pants
- 2-3 x Ski socks (wool, fleece, or synthetic)
- Light gloves for the up-track
- Warm ski gloves or mitts
- Waterproof over-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 (Minimum ski waist of 95 mm recommended) **or** splitboard
- Skins (properly fitted to skis, full-width, and well glued)
- Skin wax (Glopp stopper or a plain tea candle)
- Ski or snowboard boots (previously worn and proven comfortable)
- Adjustable ski poles
- Ski straps x2 at least
- Ski crampons (Preferred if you don't please contact guide)
- Ski helmet
- Ski goggles (orange lenses highly recommended)

GLACIER TRAVEL EQUIPMENT

- Lightweight harness
- 1 x 120cm sewn sling (light Dyneema preferred)
- 1 x Prusik cord (5 meters long; 6 mm diameter)
- 1 x Prusik cord (1.5 meters long; 6mm diameter)
- 2 x Locking carabiner
- 2 x Identical non-lockign carabiners
- 1 x Triple locking carabiner
- Light mountaineering axe (40-55 cm long)

PERSONAL GEAR

- Pen to sign waiver (blue or black ink only)
- A daypack (30-40L 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

OPTIONAL

- Wind/waterproof pants (GoreTex with full side-zip preferred)
- Ice screw
- Camera
- Map and compass/altimeter/GPS
- Pocket knife
- Thermos with warm drink

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)