



THE ALPINE CLUB OF CANADA

ACC Packing Guidelines – GMC

Independent Camp

ABOUT GUIDELINES

This packing guideline is a suggestion for how to begin prepping for Independent Week at the GMC. The list comprises basic personal items and equipment recommended for a guided week at the GMC. You are expected to determine and supplement all technical gear beyond this list that you might need for your unguided week.

SUGGESTED CLOTHING

- 2 x Base layer top and bottoms (synthetic or merino wool)
- Lightweight, synthetic shirt (hooded sun shirt or collared shirt)
- Soft Shell pants (quick to dry, breathable fabric)
- Midweight jacket (fleece, synthetic or merino wool)
- Insulated jacket (down or synthetic “puffy”)
- Hard shell jacket (Gore-Tex preferred, or waterproof, breathable equivalent)
- Hard shell pants (Gore-Tex 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

PERSONAL GEAR

- *Lunch for the first day* (transfer day)
- 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 (inflatable mattress or foam pad)
- 1L wide-mouth, plastic water bottle(s). (if using a hydration system, it must be durable and have a reliable closure system)
- Mug – (for drinks around camp)
- Headlamp (spare batteries and bulb)
- 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.
- Toiletries - toothbrush, toothpaste, towel, biodegradable soap, personal medication, hygiene items etc.
- Toilet paper and hand sanitizer (toilet paper is provided but we recommend a small personal supply)
- Small container for lunch, daily

Essential CLIMBING EQUIPMENT

- Mountaineering boots (Must be sturdy, supportive, designed for rock and snow and suitable for attachment of crampons)
- Steel 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 Cordelette (5 metres x 7 mm)
- **Guides and leaders will have 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

- Pocketknife
- 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)

LINKS TO EQUIPMENT SUGGESTIONS

Sun Shirts

https://www.blackdiamondequipment.com/en_CA/product/long-sleeve-alpenglow-hoody-mens/?colorid=12940

<https://www.outdoorresearch.com/en-ca/collections/womens-sun-shirts/products/womens-echo-hoodie-287655>

<https://www.outdoorresearch.com/en-ca/collections/womens-sun-shirts/products/womens-astroman-l-s-sun-shirt-300269>

https://www.patagonia.ca/product/mens-tropic-comfort-natural-sun-hoody/41930.html?dwvar_41930_color=STME&cgid=mens-tops-long-sleeve

<https://www.mec.ca/en/product/6020-368/south-shore-hooded-sun-shirt?queryID=d84762fa4070950ed1c025acf5ac736b&colour=Blue+Grotto>

Soft Shell Pants

<https://www.arcteryx.com/ca/en/shop/mens/gamma-pant-8028>

https://www.patagonia.ca/product/mens-terrapia-alpine-pants-regular/82960.html?dwvar_82960_color=BLK&cgid=mens-snow-pants

<https://www.outdoorresearch.com/en-ca/collections/womens-soft-shell-pants/products/womens-ferrosi-pants-regular-287668>

https://www.blackdiamondequipment.com/en_CA/product/technician-alpine-pants-mens/?colorid=10588

https://www.mountainhardwear.ca/en/p/womens-chockstone-alpine-pant-2024841.html?dwvar_2024841_color=219

Mountaineering Boots

<https://www.lasportivausa.com/aequilibrium-st-gtx.html>

<https://www.lasportivausa.com/nepal-evo-gtx.html>

<https://www.mammut.com/int/en/products/3010-00900-00520/taiss-light-mid-gtx-men>

<https://www.mammut.com/int/en/products/3010-01000-50539/kento-pro-high-gtx-men>

<https://us.scarpa.com/mont-blanc-pro-gtx-womens>

<https://us.scarpa.com/charmoz-hd-men-s>

<https://www.salewa.com/en-us/ortles-ascent-mid-gtx-boot-m-00-0000061408?c=1516600&listing=1>

Crampons

https://www.blackdiamondequipment.com/en_CA/product/sabretooth-crampon/

<https://us.grivel.com/collections/crampons/products/air-tech>

<https://www.petzl.com/CA/en/Sport/Crampons/IRVIS>

<https://www.petzl.com/CA/en/Sport/Crampons/VASAK>

For crampons, all steel crampons are **mandatory**

Mountaineering Axes

https://www.blackdiamondequipment.com/en_CA/product/raven-ice-axe-55cm/

<https://www.petzl.com/CA/en/Sport/Ice-Axes/GLACIER>

<https://us.grivel.com/collections/ice-axes/products/g-zero>

<https://www.camp.it/d/us/us/outdoor/product/7>