



## THE ALPINE CLUB OF CANADA

# The North Face Summer Leadership

## Program GEAR LIST – GMC

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Gear must be CE or UIAA approved and in good repair. Ropes are provided by the camp.

In general, no equipment or replacements will be available at camp, so be sure you arrive properly equipped, with all items adjusted and in very good condition. Shortages and inadequate equipment may rule out your participation in some activities or impose an unnecessary burden on others. The weight allowance is 35 kgs (77 lbs) including day pack!

### 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

- \*Breakfast and 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 (35-45 liters recommended)
- Sleeping bag (5°C to -10°C, depending on your comfort level)
- Mattress — Thermarest, ensolite
- Mug – For drinks around camp
- LED Headlamp with spare batteries and blub
- Glacier glasses or sunglasses (close-fitting with good UV protection and side shields)
- 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 (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)
- Several Locking carabiners (minimum 4) — at least one Munter (pear shape) \*\*If buying the carabiners, consider one of them to be a “triple action locking carabiner with captive eye”, i.e., DMM Ceros Locksafe with captive eye (captive bar or captive gate)”. Captive eye helps keep the carabiner oriented properly and prevents cross loading.
- Several non-locking carabiners (minimum 4)
- Anchor building material 120 cm or longer sewn slings
- 7mm accessory cord (5m is a handy length)
- 6 or 7mm prussik cord 1.5m long or similar for personal short prussik
- Ice screw (minimum 1X 20cm or longer)
- Belay device
- Abalakov hooker (V-thread)

## OPTIONAL EQUIPMENT

- Trekking poles (highly recommended)
- Technical ice tools
- Small rack including rock gear and a small selection of ice screws (with 4-6 quick draws or 60cm sewn slings)

- Pitons and piton hammer
- Extra ice screws for lead climbing
- Snow picket
- 2X Purcell prussiks
- High efficiency pulley
- Microtraxion or similar
- Communication devices (InReach, Spot, sat phone, VHF radio)
- Quick link to leave behind in emergency rappel situation
- Spare sunglasses
- Creek crossing shoes or crocs
- Lightweight rope kits (rad lines, etc...)
- Rock shoes (comfortable)
- Map and compass (Goldstream River 82 M/9, Argonaut Mountain 82 M/16)
- 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
- Emergency tarp or siltarp

- First aid kit
- Repair kit
- Bush saw and fire starter

***The ACC will supply any necessary group gear 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](mailto: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)

## TNF GEAR NOTES

You will all receive a course specific field book, but it may be nice to have your own field book and pencil for extra note taking etc.

You will also be receiving the “Summer Mountaineering Leader Field Handbook” (this is a 300+ page reference book specific to alpine club leaders).

The new standard for clipping in for glacier travel is with 2 carabiners that are the same size and shape. This can be 2 locking biners or 1 locker and 1 non-locker with gates opposing. If you plan to use 1 carabiner - the standard is to have a triple action locking carabiner with a captive eye and an inward gate rating of 6kN. To my knowledge the only one on the market that meets these criteria is the Rock Exotica Pirate.

Purchasing a high efficiency pulley and a microtraxion or similar is expensive, however I highly recommend this investment if you plan to lead technical climbing trips and/or glacier travel. These gadgets make improvised rescue much easier, particularly if you are a smaller person trying to rescue a larger person. Not much difference between the edelrid spoc or the petzl microtraxion (both are good). A high efficiency pulley is also important, and you may want to consider 2 pulleys, however if it is not high efficiency, it probably isn't worth it. Unfortunately, you get what you pay for with lightweight pulleys. I personally carry 1 microtraxion and 2 pulleys for improvised rescue.

Snow pickets can be an excellent tool; however it matters to purchase a well-designed picket. Unfortunately, most pickets sold are not very well designed for Canada's typical summer snowpack in the Rockies. Ideally you want a picket that has a mid clip cable attached with a specific v-shape with the wide part of the v facing the load (same direction as the cable). Yates makes a well-designed mid clipped picket.

Purcell Prussiks are excellent tools that have many uses. If you are unfamiliar with them, I will provide one for you to use on course with the option to purchase at the end of the course. Purcell prussiks are relatively inexpensive (3.5m of 6mm cord) yet provide additional safety margins for use as a lanyard. They are also very useful in several improvised rescue applications. It is important to purchase supple cord like the sterling 6mm accessory cord. Don't feel you need to purchase purcell prussiks specific for the course as I can provide you with what you need.

Sun care has become increasingly difficult over the years. It has now become common to use mineral based sunscreen and quite literally paint your face white to avoid burning. The high altitude and reflection off the snow makes for a harsh environment. I highly recommend a mineral based sunscreen spf 40 or higher. I frequently wear a sun hat and either a long-sleeved collared shirt or a long-sleeved hooded shirt to gain as much coverage as I can from the sun on hot days. Dark tinted sunglasses with wrapped coverage or side shields are also highly recommended.

Ropes are provided at the GMC, however If you plan to use a lightweight rope like the petzl rad rope recreationally or as a leader I highly recommend you bring your lightweight rope kit with you so we can practice with them. They do have limitations that should be covered at some point throughout the course.

If you have any questions regarding existing gear that you have or questions regarding purchasing recommendations, you can reach out to Matt Reynolds ([mattmountainguiding@gmail.com](mailto:mattmountainguiding@gmail.com)).

## **LINKS TO EQUIPMENT RECOMMENDATIONS**

### **Sun Shirts**

[https://www.blackdiamondequipment.com/en\\_CA/product/long-sleeve-alpenglow-hoody-mens/?colorid=12940](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.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-terravia-alpine-pants-regular/82960.html?dwvar\\_82960\\_color=BLK&cgid=mens-snow-pants](https://www.patagonia.ca/product/mens-terravia-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.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](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://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.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>