



THE ALPINE CLUB OF CANADA

ACC GEAR LIST – Backpacking Camps

SUGGESTED CLOTHING

- 2 x Base layer top and bottoms (synthetic or merino wool)
- Warm outer 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 or equivalent preferred, or waterproof, breathable equivalent)
- Wind/waterproof shell pants (GoreTex or equivalent is preferred, with full side-zip)
- 2-3 x Hiking socks (wool, fleece, or synthetic)
- 1 x warm gloves or mitts
- Warm toque or balaclava
- Sun hat with neck and ear protection
- Lights shoes for river crossings (if necessary)

PERSONAL GEAR

- A multi-day pack (55-70L is usually the standard)
- 1 to 2 person backpacking tent

- Hiking boots (comfortable and ideally broken in prior to trip)
- Sleeping bag (-5°C to -12°C, depending on your comfort level)
- Sleeping pad / Thermo-Rest (if you are bringing an inflatable pad, make sure it doesn't leak and bring a patch kit)
- Bear spray
- Headlamp with spare batteries and bulb
- Kitchen kit: Mug, bowl/plate, eating utensils)
- Lighter
- Sunglasses (close-fitting with dark lenses)
- Sunscreen and SPF lip protection
- Small personal first aid kit with blister kit
- Toothbrush, toothpaste, biodegradable soap
- Toilet paper and hand sanitizer
- Minimum 1L wide-mouth, plastic water bottle

OPTIONAL

Cooking pot (if preference is to personal kitchenware)

Water purification tablets or filtration pump (beneficial to include a few tablets in your first aid kit)

- Collapsible hiking poles (highly recommended)
- Map and compass/altimeter/GPS
- Small journal and pencil
- Ear plugs
- Pocketknife
- Small personal amount of liquor or treats if desired

- Gaiters
- Boot waterproofing
- Camera and memory card

The ACC with supply any necessary group gear (+Stove and Fuel)

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)