

# Gear List: **AST 1**

*\*The ACC will supply all group gear including ropes, first aid kit, etc.*

## Suggested Clothing

- Base layer top and bottoms (synthetic or merino wool)
- Warm thermal layer top (synthetic or merino wool)
- Down or synthetic insulated jacket (“puffy”)
- Shell jacket (GoreTex or similar preferred)
- Warm, waterproof, and vented pants (softshell or GoreTex)
- Gaiters (if pants don’t have built-in snow cuff)
- Ski socks (wool, fleece, or synthetic)
- Balaclava, buff, or face protection
- Light gloves or liners
- Insulated gloves or mitts
- Toque

## Avalanche Safety Gear

- Avalanche transceiver/beacon (digital 3-antenna beacon is the ACC standard)
- Probe (standard is at least 3m)
- Shovel (collapsible, metal avalanche shovel)
- Backcountry touring set-up (AT or telemark or split board, skins, and boots) **OR** snowshoes and warm, comfortable boots
- Poles (split boarders and snowshoers too)
- Ski helmet and goggles (highly recommended for all skiers and split boarders)

## Personal Gear

- Pen to sign waiver (blue or black ink only)
- A daypack (30L is usually the standard)
- Sunglasses (dark lenses recommended)
- Sunscreen and SPF lip protection
- Small personal first aid kit with blister kit
- Small amount of toilet paper for emergencies

- Lunch and snacks (should be easy to eat in the field)
- Minimum 1L water bottle (NO hydration systems as the hose tends to freeze on cold days)
- **Optional:** Thermos with hot drink
- **Optional:** Camera
- **Optional:** Face mask

## 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 they're not sold out.

Gear Up!	Wilson Sports	U of Calgary
<p><a href="http://www.gearupsport.com">www.gearupsport.com</a></p> <p>1302 Bow Valley Trail Canmore, AB 403-678-1636</p> <p><b>*ACC members get a 10% discount!</b></p>	<p><a href="http://www.wmsll.com">www.wmsll.com</a></p> <p>Building A – Samson Mall 201 Village Road Lake Louise, AB 888-547-2559 <a href="mailto:info@wmsll.com">info@wmsll.com</a></p>	<p><a href="https://activelivingportal.ucalgary.ca/Rental">https://activelivingportal.ucalgary.ca/Rental</a></p> <p>University of Calgary 2500 University Drive NW Calgary Alberta T2N 1N4</p>