

Gear List: **AST 2**

**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 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 preferred, or waterproof, breathable equivalent)
- Wind/waterproof shell pants (GoreTex is preferred, with full side-zip)
- Gaiters (if pants don't have built-in snow cuff)
- Ski socks (wool, fleece, or synthetic, dry spare highly recommended)
- Light gloves or mitts (dry spare highly recommended)
- Insulated gloves or mitts
- Warm toque or balaclava
- Sun hat with neck and ear protection (optional)

Avalanche Safety Equipment

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