

## Gear List: GMC

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

### Suggested Clothing

- 2x 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
- 2-3x 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

- \*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 liters recommended)
- Sleeping bag (5°C to -10°C, depending on your comfort level)
- Mattress — Thermarest, ensolite
- Mug – For drinks around camp
- Headlamp with spare batteries and blub
- 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.
- 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.) **Please bring lots of water to staging for day 1 as it can get very hot!**
- Toiletries — towel, washcloth, biodegradable soap, mirror, razor, personal medication and hygiene items
- Small container for lunch, daily

## Essential Climbing Gear

- 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 Prusik (1.5 metres x 6mm or 13.5 hollow block)
- 1 x Cordelette (5 metres x 7 mm)

**\*\*Guides and leaders will have all the technical climbing gear needed for the GMC objectives**

## Optional Gear

- 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
- Earplugs (Helicopter Transfer)
- 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

**Questions?** Contact us at 403-678-3200 x 213 or [adventures@alpineclubofcanada.ca](mailto:adventures@alpineclubofcanada.ca)

- Lightweight chair for sitting around outside your tent i.e. Therma rest chair

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

## 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>

**Questions?** Contact us at 403-678-3200 x 213 or [adventures@alpineclubofcanada.ca](mailto:adventures@alpineclubofcanada.ca)