

# Gear List: Ice Camps

*\*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)
- Warm down or synthetic insulated jacket (“puffy”)
- Windproof, softshell jacket
- Outer shell jacket (GoreTex or similar preferred)
- Warm, waterproof, and vented pants (softshell or GoreTex)
- Gaiters (if pants don’t have built-in snow cuff)
- 2x Warm socks (wool, fleece, synthetic)
- 2x Light gloves or liners
- 2x Insulated gloves or mitts
- Balaclava, buff, and or toque (should fit under helmet)

## Climbing Equipment

- Ice climbing boots
- Harness
- Helmet
- Belay Device
- 2 x Locking carabiner
- 1x 120cm sewn sling
- Ice tools (no leash or adze)
- Ice climbing crampons (full step-in with dual or mono point)
- **Optional:** Extra picks and tool kit for ice tools and crampons

## Personal Gear

- Pen to sign waiver (blue or black ink only)
- A daypack or small multi-pitch pack (20-30L is usually the standard)
- Headlamp with spare batteries
- Sunglasses (close fitting with dark lenses)

- 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<br/>Canmore, AB<br/>403-678-1636</p> <p><b>*ACC members get a<br/>10% discount!</b></p> | <p><a href="http://www.wmsll.com">www.wmsll.com</a></p> <p>Building A – Samson<br/>Mall<br/>201 Village Road<br/>Lake Louise, AB<br/>888-547-2559<br/><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<br/>2500 University Drive NW<br/>Calgary Alberta T2N 1N4</p> |