

# Gear List: Glacier Discovery

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

## Suggested Clothing

- Long underwear top and bottoms (synthetic or merino wool)
- Softshell pants or waterproof rain pants (in the case of wet weather instruction will continue and you may be standing around in the rain for periods of time)
- Fleece or other synthetic jacket/sweater (insulation layer)
- Gore-Tex jacket (or equivalent waterproof/breathable outer shell w/hood)
- Warm wool or synthetic socks
- Tip: add a thin liner sock if you are prone to blisters
- Warm gloves (2 pairs)
- Toque (warm hat) or balaclava
- Sun hat with neck and ear protection
- Down or synthetic insulated jacket
- Comfortable hut clothing for evenings
- Hut booties (booties, flip flops, crocks, sneakers, etc)

## Personal Gear

- Pen to sign waivers (black or blue ink only)
- Large size backpack (50-60 litres) with space for personal and some group equipment
- Sleeping bag (+5°C to -5°C/41F to 14F, depending on your comfort level)
- Cash to tip guide (optional)
- Sunglasses — close-fitting with good UV protection & side shields
- Sunscreen and lip protection with minimum SPF 30
- Water bottle(s) — 1 litre, wide mouth, plastic with tight lid
- Small personal first aid kit – band-aids, moleskin, duct tape, medications, etc.
- Toilet kit including towel and “Camp Suds” (biodegradable soap)
- Headlamp — with spare batteries
- Toilet paper (a small personal amount for during the day)
- Lighter

- Ziploc bags/containers for lunch

## Climbing Gear

- Mountaineering boots or stiff hiking boots (Must be sturdy, supportive, designed for rock and snow and suitable for attachment of crampons)
- Crampons (mountaineering style with front points and anti balling plates (please fit crampons to boots prior to your trip)
- Climbing Harness
- Climbing helmet
- Belay/ rappel device
- Mountaineering axe (approximately 55-70 cm long)
- 1 x Ice screw (at least 20 cm long)
- 1 x Triple locking carabiner
- 2 x Pear-shaped locking carabiner
- 3 x identical non-locking carabiners
- 1 x 120 cm Sewn sling
- 1 x Prusik (1.5 meters x 6mm or 13.5 hollow block)
- 1 x Cordelette (5 meters x 7 mm)

## Optional Gear

- 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
- Boot waterproofing
- Camera, spare battery, and memory card
- Water purification tablets or UV light pen

## 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>	<a href="http://www.wmsll.com">www.wmsll.com</a>	<a href="https://activelivingportal.ucalgary.ca/Rental">https://activelivingportal.ucalgary.ca/Rental</a>

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