

Gear List: Intro to Mountaineering

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

Suggested Clothing

- 2 x 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
- 2-3 x Warm socks (wool, fleece, or synthetic)
- 1 x Warm gloves or mitts
- 1 x Light gloves or liners
- Warm toque or balaclava
- Sun hat with neck and ear protection
- Optional: Hut booties or slippers for in hut
- Optional: Comfortable clothes to change into in the evenings

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)
- 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 |
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| www.gearupsport.com 1302 Bow Valley Trail Canmore, AB 403-678-1636 | www.wmsll.com Building A – Samson Mall 201 Village Road | https://activelivingportal.ucalgary.ca/Rental University of Calgary 2500 University Drive NW Calgary Alberta T2N 1N4 |

Questions? Contact us at 403-678-3200 x 213 or adventures@alpineclubofcanada.ca

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| *ACC members get a 10% discount! | Lake Louise, AB 888-547-2559 info@wmsll.com | |
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