

Gear List: Intro to Rock Camps

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

Suggested Clothing

- Approach shoes
- Light shirt (synthetic or merino wool)
- Light pants/shorts (synthetic or merino wool)
- Fleece or other synthetic jacket (synthetic or merino wool)
- Outer shell jacket (GoreTex preferred, or waterproof, breathable equivalent)
- Wind/waterproof shell pants (GoreTex is preferred, with full side-zip)
- 2 x Hiking socks (wool, fleece, or synthetic)
- 1 x Light gloves or liners
- Sun hat with neck and ear protection

Personal Gear

- Pen to sign waiver (blue or black ink only)
- A day pack (40L is usually the standard)
- Sunglasses (close-fitting with good UV protection)
- Sunscreen and SPF lip protection
- Small personal first aid kit with blister kit
- Small amount of toilet paper and hand sanitizer
- Minimum 1L wide-mouth, plastic water bottle or equivalent hydration system
- Lunch and snacks for the day

Climbing Equipment

- Climbing harness
- Climbing helmet (No bike, ski or other non-climbing helmets)
- Climbing Shoes
- Chalk bag
- Auto-braking or manual braking belay device
- Belay gloves or thin gloves
- Quickdraws (avoid sharing, if possible)
- 5 x Locking carabiners
- 2 x Non-locking carabiners

- 1 x 120 cm Dyneema or nylon sewn slings
- 1 x Personal tether (120cm sewn sling, PAS, Petzl Connect, Purcell Prusik, etc.)
- 1 x Prusik (1.5 meters x 6mm or 13.5 hollow block)
- Any additional gear that you may want to use or learn about

Optional Gear

- Collapsible hiking poles (highly recommended)
- Map and compass/altimeter/GPS
- Pocketknife
- Camera and memory card

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