

Gear List: Winter Leadership Course

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

Suggested Clothing

- Light weight synthetic/wool base layer — top and bottom
- Medium weight fleece pants or Schoeller pants
- Warm fleece jacket or equivalent
- Windproof/waterproof shell layer (Gore-Tex) jacket (with hood) and pants
- Down or synthetic jacket or vest
- Gaiters (if required to keep snow out of your boots)
- Warm toque (hat)
- Neck tube or synthetic balaclava
- Sun hat with neck and ear protection
- Ski gloves (one thin pair/one warm pair)
- Warm mitts with Gore-Tex shells
- Thin glove liners (windproof recommended)
- Ski socks (maximum 3 pairs)
- Underwear
- Casual clothing and footwear for hut (booties or light shoes)

Personal Gear

- Journal, notebook (plus two or three coloured pencils if available)
- Large size daypack (40-55 litres) — for personal gear and some group gear
- Ski goggles
- Sunglasses with good UV protection and side shields
- Sunscreen and lip protection with high SPF (30 or more)
- Water bottle(s) — 1 litre, wide mouth, plastic with tight lid
- Small personal first aid kit — Band-Aids, moleskin, duct tape, medications, blister kit etc.
- Toiletries kit including towel
- Headlamp — preferably LED style with one set of spare batteries
- Toilet paper (a small personal amount for emergencies)
- Lighter or matches
- Pocket knife
- Sandwich box/container for lunch

- Nylon stuff sacks for clothing, food and misc.

Snow Study Gear

- 2 mechanical pencils (BIC style is fine)
- Pencil-style thermometer for taking temperatures (digital or alcohol)
- Snow saw or equivalent bush saw
- Crystal loop and screen
- Folding ruler (1m or 2m length, plastic)

Navigation Gear

- Compass, with declination adjustment
- GPS (if you own one/do not purchase for this course)

Avalanche Safety Gear

- Avaluator 2 – avalanche decision making card
- Digital avalanche transceiver with new batteries plus new spare batteries
- Avalanche shovel; metal blade, lightweight, collapsible
- Avalanche probe (minimum 250cm/300cm preferred), preferably with centimetre markings (avalanche ski poles do not substitute)

Crevasse and Glacier Travel Equipment

- Harness – lightweight seat style (modern CE/UIAA approved and in good condition)
- Ice screw (1X 17 to 21cm modern CE/UIAA approved stainless or aluminum screws)
- Non-locking carabiners (4X lightweight modern CE/UIAA approved carabiners)
- Locking carabiners (4X modern CE/UIAA approved carabiners)
- Sewn sling / runner (2X 120 or 180cm nylon or Dyneema/Spectra sewn slings)
- One triple action auto-locking carabiner (ideal is a triple action carabiner with captive eye such as the Black Diamond Magnetron Gridlock biner or the Edelrid HMS Strike FG Triple Locking Biner, available from MEC)
- 5m or 6m of 7mm accessory cord (one cord for anchors, etc.)
- Pulley (optional but recommended - one lightweight pulley – NOTE many cheap pulleys sold by MEC are crappy – best is the Prodigy PMP from <https://ctoms.ca>)
- Progress Capture Pulley (optional – Petzl® Microtraxion™ or Edelrid® Spoc™)
- Assisted-braking belay/rappele device (i.e. Black Diamond® ATC Guide™, Petzl® Reverso™, DMM® Pivot™, Mammut® Alpine Smart™ or similar device)
- Ice axe – (modern CE/UIAA approved ice axe – approximately 60cm)

Ski Equipment

- Mountain skis (recommended minimum dimensions at ski tip-waist-tail = 110-75-100mm or greater) or split snowboard with collapsible ski poles
- Light weight ski helmet
- Boots; plastic telemark or alpine touring, previously worn and proven comfortable
- Poles

- Skins – full width, properly fitted to your skis, and recently well glued
- Skin wax (Glop Stopper) improves glide, used to prevent wet snow sticking to skins
- Repair kit — tools plus extra parts that are specific to your gear
- Ski tie strap

Optional Gear

- Lightweight rope kit
- Guide’s tarp or bivy tarp
- Altimeter / GPS (if you own one / do not purchase for this course)
- Reading material (although you won’t have much free time to read!)
- Camera
- Thermos (small and light weight)
- Ear plugs
- Small personal amount of liquor/treats, if desired
- Spot Communicator/InReach Communicator/Sat Phone/PLB

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