

Gear List: Intro to Backcountry Skiing

**The ACC will supply all group gear including ropes, first aid kit, emergency communication devices, emergency tarp 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 preferred, or waterproof, breathable equivalent)
- Warm, vented, waterproof pants (preferably with built-in gaiter or snow cuff)
- Ski socks (wool, fleece, or synthetic)
- Light gloves for the up-track
- Warm ski gloves or mitts
- Balaclava, buff, and/or warm toque
- Sunhat with neck and ear protection

Personal Gear

- Pen to sign waiver (blue or black ink only)
- A daypack (30L is usually the standard)
- Sunglasses (close-fitting with dark lenses)
- Sunscreen and SPF lip protection
- Small personal first aid kit with blister kit
- Small amount of toilet paper
- Lunch and snacks (should be easy to eat in the field)
- Minimum 1L wide-mouth, plastic water bottle (NO hydration systems as the hose tends to freeze on cold days)
- **Optional:** Face Mask

Ski Gear

- Avalanche transceiver/beacon (digital 3-antenna beacon that has been serviced within the last 5 years by the manufacturer). It is highly recommended that the beacon has a marking/suppression function.
- Avalanche probe (standard is at least 3m)
- Collapsible, metal avalanche shovel
- Alpine touring skis **or** telemark skis **or** splitboard
- Skins (properly fitted to skis, full-width, and well glued)
- Ski boots
- Adjustable ski poles
- Ski helmet
- Ski goggles (orange lenses highly recommended)

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