

Gear List: Intro to Ski Mountaineering

**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)
- Softshell pants
- 2-3 x Ski socks (wool, fleece, or synthetic)
- Light gloves for the up-track
- Warm ski gloves or mitts
- Waterproof over-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 (30-40L is usually the standard)
- Headlamp with spare batteries
- 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 (Minimum ski waist of 95 mm recommended) or splitboard
- Skins (properly fitted to skis, full-width, and well glued)
- Skin wax (Glopp stopper or a plain tea candle)
- Ski or snowboard boots (previously worn and proven comfortable)
- Adjustable ski poles
- Ski straps x2 at least
- Ski crampons (Preferred if you don't please contact guide)
- Ski helmet
- Ski goggles (orange lenses highly recommended)

Glacier Travel Gear

- Lightweight harness
- 1 x 120cm sewn sling (light Dyneema preferred)
- 1 x Prusik cord (5 meters long; 6 mm diameter)
- 1 x Prusik cord (1.5 meters long; 6mm diameter)
- 2 x Locking carabiner
- 2 x Identical non-locking carabiners
- 1 x Triple locking carabiner
- Light mountaineering axe (40-55 cm long)

Optional Gear

- Wind/waterproof pants (GoreTex with full side-zip preferred)
- Ice screw
- Camera
- Map and compass/altimeter/GPS
- Pocket knife
- Thermos with warm drink

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</p>