

Gear List: Summer Leadership

Course

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

Suggested Clothing

- 2 x Base layer top and bottoms (synthetic or merino wool)
- 2 x Lightweight, synthetic shirt (hooded sun shirt or collared shirt)
- Soft shell pants — durable, and non-restrictive; soft shell or synthetic
- Midweight jacket (fleece, synthetic or merino wool)
- Insulated jacket (down or synthetic “puffy”)
- Hard shell jacket (Gore-Tex preferred, or waterproof, breathable equivalent)
- Hard shell pants (Gore-Tex preferred, or waterproof, breathable equivalent with full side-zip)
- Socks — synthetic or wool. Three pairs minimum (plus thin liner socks if you are prone to blisters)
- Insulated gloves (Gore-Tex or equivalent/ gloves preferable rather than mitts)
- Light weight gloves (fleece or lightly insulated leather type)
- Spare gloves
- Warm toque or balaclava
- Gaiters
- Sun hat — with neck covering recommended (or baseball cap with bandana)
- Comfortable warm clothing and shoes for evenings i.e. approach shoes, runners, sandals or crocs. Rubber boots are a luxury item if the weather forecast looks wet!

Personal Gear

- *Lunch for the first day* (Saturday)
- Waterproof notebook — (to make notes in the field) with two mechanical pencils (i.e. BIC pencils)
- Larger 8 ½” X 11” notebook – optional in addition to small waterproof notebook (to make notes in class for those who prefer a larger format)

- Climbing pack – waterproof, sufficient to carry climbing gear/spare clothing/lunch (35 - 45 litres)
- Sandwich box – for daily lunches, no paper bags or wrapping materials are provided
- Mug & personal spoon – for drinks & munchies between meals
- Sleeping bag – adequate to -10°C (+14°F)
- Mattress – Thermarest, ensolite, air or foamy with waterproof cover
- Glacier glasses or sun sunglasses – good UV protection and side shields (plus spare pair)
- Sunscreen and lip protection – SPF 30 or more recommended
- Insect repellent
- Water bottle(s) – 1 litre, wide mouth, plastic with a tight lid (hydration systems tend to rupture or freeze, so make sure you have a water bottle as well)
- First Aid Kit – small personal kit with Band-Aids, tape, blister care products, medications, etc.
- Toilet supplies:
 - towel, washcloth, biodegradable soap, mirror, razor, personal medication and hygiene items,
 - toilet paper is provided but we recommend a small personal supply
- Headlamp – LED type is best with spare batteries
- Lighter
- Insect repellent
- Tape and repair kit
- Duffel bag or large pack 80 to 100L – waterproof or plastic lined, large enough for fly-in gear

Climbing Gear

NOTE: gear MUST be CE or UIAA approved and in good repair. Ropes are provided by the camp.

- Mountaineering boots – sturdy, supportive, suitable for rock and snow and suitable for attachment of crampons. Check crampon fit and compatibility at home.
- Spare laces
- Crampons with front points (ensure they fit the boots you're bringing with you and are in good condition) Anti-bot plates are mandatory.
- Climbing helmet
- Climbing harness (Modern design, CE approved and in good shape)
- Mountaineering ice axe – appropriate size for general mountaineering (60cm minimum)
- One technical ice tool with hammer end instead of adze
- Two locking D carabiners
- Two locking Munter/HMS carabiners — (pear shape)
- One triple action locking carabiner — (mandatory)
- Several non-locking carabiners (perhaps a half dozen with at least two that are identical D shape)
- Modern belay/rappel device (i.e. ATC, ATC Guide, Reverso 2 or 3)
- One double length nylon, Spectra™ or Dyneema™ webbing (120cm sewn sling)

- 1" nylon webbing – 4-5 metres (13'-16') long
- Two Prusik/Accessory cords – 5 metres (16.5') long, 7mm diameter
- One Prusik/Accessory cord – 1.5 metres (5') long, 7mm diameter
- One Accessory cord – 10 metres (33') long, 6mm diameter for making a set of Purcell Prusik lanyards (or 6.5mm Bluewater Dynamic Prusik cord if you can get it)
- Four runners — (nylon, Dyneema™ or Spectra™ webbing slings - 60cm sewn or tied)
- Small alpine rock rack – 4-6 small to medium cams and 6-8 medium wired nuts (NOT a full rack please)
- Rock shoes – comfortable enough to wear for an extended period
- Three or four ice screws (modern style stainless / at least one should be 22cm length)
- Abalakov "hooker" tool
- Compass (with ability to set declination)
- Map of area (1:50,000 scale; full topographic map sheet please)
- Hiking pole(s) approaches. (Should be 3 section, collapsible poles to be stored safely on your back when climbing)

Optional Gear

- One Screamer or equivalent load limiting runner
- Lightweight pulley for crevasse rescue (i.e. Petzl mini-Prusik minding pulley)
- Altimeter/GPS
- Shorts & t-shirt
- Ear plugs (to block out snoring or noisy neighbours)
- Camera + spare battery + memory card or film
- Swiss army knife or lightweight Leatherman tool
- River crossing shoes (old runners, strap on sandals, etc.)
- Thermos
- Down or pile vest
- Small personal amount of liquor/treats, if desired
- Umbrella — pocket size, for around camp in the event of rain
- Spare eye glasses
- Reading material
- Small alarm clock
- Light weight chair for sitting around outside your tent i.e. Thermarest™ chair
- Pee bottle for tent use
- Small supply of Handi-wipes
- Guidebook
- Boot waterproofing if required

Gear Notes

You will all be receiving the "Summer Mountaineering Leader Field Handbook" (this is a 300+ page reference book specific to alpine club leaders).

The new standard for clipping in for glacier travel is with 2 carabiners that are the same size and shape. This can be 2 locking biners or 1 locker and 1 non-locker with gates opposing. If you plan to use 1 carabiner - the standard is to have a triple action locking carabiner with a captive eye and an inward gate rating of 6kN. To my knowledge the only one on the market that meets this criteria is the Rock Exotica Pirate.

Purchasing a high efficiency pulley and a microtraxion or similar is expensive, however, I highly recommend this investment if you plan to lead technical climbing trips and/or glacier travel. These gadgets make improvised rescue much easier, particularly if you are a smaller person trying to rescue a larger person. Not much difference between the edelrid spoc or the petzl microtraxion (both are good). A high efficiency pulley is also important, and you may want to consider 2 pulleys, however if it is not high efficiency, it probably isn't worth it. Unfortunately, you get what you pay for with lightweight pulleys. I personally carry 1 microtraxion and 2 pulleys for improvised rescue.

Snow pickets can be an excellent tool; however, it matters to purchase a well-designed picket. Unfortunately, most pickets sold are not very well designed for Canada's typical summer snowpack in the Rockies. Ideally you want a picket that has a mid-clip cable attached with a specific v-shape with the wide part of the v facing the load (same direction as the cable). Yates makes a well-designed mid clipped picket.

Purcell Prussiks are excellent tools that have many uses. If you are unfamiliar with them, I will provide one for you to use on course with the option to purchase at the end of the course. Purcell prussiks are relatively inexpensive (3.5m of 6mm cord) yet provide additional safety margins for use as a lanyard. They are also very useful in several improvised rescue applications. It is important to purchase supple cord like the sterling 6mm accessory cord.

Sun care has become increasingly difficult over the years. It has now become common to use a mineral based sunscreen and quite literally paint your face white to avoid burning. The high altitude and reflection off the snow makes for a very harsh environment. I highly recommend a mineral based sunscreen SPF 40 or higher. I frequently wear a sun hat and either a long-sleeved collared shirt or a long-sleeved hooded shirt to gain as much coverage as I can from the sun on the hot days. Dark tinted sunglasses with wrap around coverage or side shields are also highly recommended.

Ropes are provided at the GMC, however If you plan to use a lightweight rope like the petzl rad rope recreationally or as a leader I highly recommend you bring your lightweight rope kit with you so we can practice with them. They do have limitations that should get covered at some point throughout the course.

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>