

THE OFFICIAL 2025

GMC GEAR LIST

IMPORTANT: This packing guideline is a suggestion for how to begin prepping for Independent Week at the GMC. The list comprises basic personal items and equipment recommended for a guided week at the GMC. **You are expected to determine and supplement all technical gear beyond this list that you might need for your unguided week.**

If you have any questions or concerns, we would love to chat.
Call **403-678-3200 ext. 213**

CLOTHING LIST

Mountain weather can change dramatically during your week at camp and even during a single day. Plan for extreme conditions, both hot and cold, as well as rain or snow. Use the list below as a recommendation for the basics of the clothing you should bring.

- + 2x base layer top and bottoms (synthetic or merino wool).
- + Soft shell alpine pants. **Examples for [Men](#) ► [Women](#) ►**
- + Fleece, wool or other synthetic jacket. **Examples for [Men](#) ► [Women](#) ►**
- + Down or synthetic insulated jacket. **Examples for [Men](#) ► [Women](#) ►**
- + Outer shell jacket (GoreTex or any waterproof, breathable equivalent).
Examples for [Men](#) ► [Women](#) ►
- + Wind/waterproof shell pants (GoreTex with side-zip is preferred).
Examples for [Men](#) ► [Women](#) ►
- + Softshell jacket. **Examples for [Men](#) ► [Women](#) ►**
- + Gaiters
- + 2 - 3 pairs of warm socks (wool preferred)
- + Warm gloves or mitts
- + Light gloves or liners
- + Warm toque or balaclava
- + Sun hat with neck and ear protection
- + Camp Shoes - either runners or sandals
- + Comfortable clothes to change into in the evenings
- + Hooded Sun Shirt (optional)



Images courtesy of



PERSONAL GEAR

- + Lunch for the first day
- + Duffel bag - waterproof or plastic lined, large enough for fly-in gear (90-100 litres). **Example ▶**
- + Climbing day pack - sufficient to carry climbing gear, clothing, food, water (35 liters recommended). **Example ▶**
- + Sleeping bag (5°C to -10°C, depending on your comfort level) **Example ▶**
- + Camping mattress (e.g Thermarest, ensolite)
- + Mug - for drinks around camp
- + Headlamp with spare batteries and bulb
- + Sunglasses (close-fitting with good UV protection)
- + Sunscreen and 30+ SPF lip protection
- + Insect repellent
- + Small personal first aid kit with blister kit, band aids, moleskin, duct tape, medications, etc.
- + Toothbrush and toothpaste
- + Toilet paper and hand sanitizer (toilet paper is provided but we recommend a small personal supply)
- + 1L wide-mouth, plastic water bottle(s). (If using a hydration system, it must be durable and have a reliable closure system.)
*Bring lots of water to staging for day one as it can get very hot!
- + Toiletries - towel, washcloth, biodegradable soap, mirror, razor, personal medication and hygiene items
- + Small container for daily lunch

ESSENTIAL CLIMBING GEAR

- + Mountaineering boots (Must be sturdy, supportive, designed for rock and snow and suitable for attachment of your crampons)
- + Steel crampons (mountaineering style with front points and anti-balling plates (please fit crampons to boots prior to your trip)
- + Climbing harness (with belay loop and adjustable leg loops)
- + Climbing helmet (easily adjustable that fits with a hat)
- + Mountaineering axe (approximately 55-70 cm long)
- + Two locking carabiners — at least one Munter (pear shape) **If buying new carabiners, make sure at least one of them is a “triple action locking carabiner”, i.e., Petzl William Ball Lock carabiner or a ‘triple action carabiner with a captive eye’. Captive eyes helps keep the carabiner oriented properly and prevents cross loading.
- + Two identical non-locking carabiners
- + 1 x 120 cm sewn sling
- + 1 x prusik (1.5 metres x 6mm or 13.5 hollow block)
- + 1 x cordelette (5 metres x 7 mm)



OPTIONAL GEAR

- + Collapsible hiking poles (highly recommended)
- + 1 x Ice screw (at least 20 cm long)
- + Belay device
- + Rock shoes
- + Map and compass/altimeter/GPS
- + Small journal and pencil
- + Earplugs (Helicopter Transfer)
- + Pocketknife
- + Small personal amount of liquor or treats if desired
- + Boot waterproofing
- + Camera, spare battery, and memory card
- + Personal small power bank for device charging
- + Water purification tablets or UV light pen for in the field (all camp water is filtered)
- + Umbrella
- + Lightweight chair for sitting around outside your tent i.e. Thermarest chair

RENT YOUR 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!

gearupsport.com ►

1302 Bow Valley Trail
Canmore, AB

403-678-1636

*ACC members get a
10% discount!

WILSON SPORTS

wmsll.com ►

Building A -Samson Mall
201 Village Road
Lake Louise, AB

888-547-2559

info@wmsll.com

U OF CALGARY

activelivingportal.ucalgary.ca ►

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2500 University Drive NW
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