

THE OFFICIAL 2025 GMC GEAR LIST

Proper clothing and equipment will make your camp more enjoyable and allow you to participate in the widest number of outings and objectives. For your safety, and the safety of your group, you will not be allowed to participate in outings for which you are not properly equipped.

If you have any questions about your gear, or about gear you are intending to purchase or rent, please call our office, we would love to chat with you. **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)



All group gear including climbing ropes, climbing gear, communication devices, and group first aid kits are supplied for the camp by the ACC.



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 ►

University of Calgary
2500 University Drive NW
Calgary Alberta T2N 1N4

