

Gear List: Youth Hiking Week

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

Suggested Clothing

- Soft Shell pants (e.g. quick to dry, breathable fabric)
- Fleece or other synthetic jacket (synthetic or merino wool)
- Down or synthetic insulated jacket ('puffy')
- Outer shell jacket (GoreTex preferred, or waterproof, breathable equivalent)
- 2 x Hiking socks (wool, fleece, or synthetic)
- 1 x light gloves
- Sun hat with neck and ear protection
- Lights shoes for river crossings (if necessary)

Personal Gear

- Lunch and snacks for the day*
- **Minimum two litre water carrying capacity (plastic water bottle or equivalent hydration system)***
- Wind/waterproof shell pants (GoreTex is preferred, with full side-zip)
- A day pack (35-40L is usually the standard)
- Hiking boots (comfortable and ideally broken in prior to trip)
- Sunglasses (close-fitting with dark lenses)
- Sunscreen and SPF lip protection
- Small personal first aid kit with blister kit
- Small personal supply of toilet paper and hand sanitizer

Optional Gear

- Collapsible hiking poles (highly recommended)
- Compass/altimeter/GPS
- Small journal and pencil
- Gaiters
- Camera and memory card

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