

Gear List: Women's* Backpacking Leadership

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

Personal Gear

- Personal tent (if you do not have a tent, we can provide one – please contact adventures@alpineclubofcanada.ca to arrange this)
- Wind/waterproof shell pants (GoreTex is preferred)
- A multi-day pack (55-70L)
- Hiking boots (comfortable and ideally broken in prior to trip)
- Sleeping bag (-5°C to -12°C, depending on your comfort level)
- Sleeping pad / Therma-Rest (if you are bringing an inflatable pad, make sure it doesn't leak and bring a patch kit)
- Headlamp with spare batteries
- Kitchen kit: mug, bowl/plate, eating utensils)
- Sunglasses (close-fitting with dark lenses)
- Sunscreen and SPF lip protection
- Small personal first aid kit with blister kit
- Toothbrush, toothpaste, biodegradable soap
- Toilet paper and hand sanitizer
- Minimum 2L water-carrying capacity
- Pack liner (in case of rain/bad weather, can be a heavy-duty garbage bag)
- Water purification tablets or pump

Optional Gear

- Map and compass/altimeter/GPS
- Hiking pole(s)
- Small journal and pencil
- Earplugs
- Pocketknife
- Small personal amount of liquor or treats if desired
- Gaiters
- Camera

Suggested Clothing

- 2 x Base layer top and bottoms (synthetic or merino wool)
- Warm outer pants (e.g. Schoeller, 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)
- 2-3 x Hiking socks (wool, fleece, or synthetic)
- 1 x warm gloves or mitts
- Warm toque or balaclava
- Sun hat with neck and ear protection
- Lights shoes for river crossings (if necessary)

Provided Group Gear

- Backcountry stove and fuel
- Cooking pots
- Food for the whole trip
- Ursacks for food storage
- Bear Spray

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