

Gear List: Dogtooth Trek

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

Personal Gear

- A multi-day pack (55-70L is usually the standard)
- 1 to 2 person backpacking tent
- Hiking boots (comfortable and ideally broken in prior to trip)
- Sleeping bag (-5°C to -12°C, depending on your comfort level)
- Sleeping pad / Thermo-Rest (if you are bringing an inflatable pad, make sure it doesn't leak and bring a patch kit)
- Bear spray
- Headlamp with spare batteries
- Kitchen kit: mug, bowl/plate, eating utensils)
- Backcountry stove and gas (the ACC has some available to borrow if needed)
- Lighter
- 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 1L wide-mouth, plastic water bottle (NO hydration systems as the hose tends to freeze on cold days)
- Water purification tablets or pump

Optional Gear

- Cooking pot (if preference is to personal kitchenware)
- Water purification tablets or filtration pump (beneficial to include a few tablets in your first aid kit)
- Collapsible hiking poles (highly recommended)
- Map and compass/altimeter/GPS
- Small journal and pencil
- Earplugs
- Pocketknife
- Small personal amount of liquor or treats if desired
- Gaiters
- Camera and memory card
- Cash for tips (if desired)

Questions? Email adventures@alpineclubofcanada.ca or call 403-678-3200 ext. 213

Suggested Clothing

- Outer shell jacket (GoreTex preferred, or waterproof, breathable equivalent)
- Wind/waterproof shell pants (GoreTex is preferred)
- 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')
- 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)

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