

Gear List: **AST 1**

**The ACC will supply all group gear including first aid kits*

Avalanche Safety Gear

- Avalanche transceiver/beacon (digital 3-antenna beacon that has been serviced within the last 5 years by the manufacturer). It is highly recommended that the beacon has a marking/suppression function
- Shovel (collapsible, metal avalanche shovel)
- Avalanche probe
- Backcountry touring set-up (AT or telemark or split board, skins, and boots) **OR** snowshoes and warm, comfortable boots
- Poles with snow baskets (split boarders and snowshoers too)
- Ski helmet and goggles (highly recommended for all skiers and split boarders)

Personal Gear

- Outer shell jacket (GoreTex preferred, or waterproof, breathable equivalent)
- Shell pants (GoreTex, with full side-zip, is preferred)
- A daypack (30L is usually the standard, and designed for backcountry winter travel is preferred)
- Sunglasses (dark lenses recommended)
- Sunscreen and SPF lip protection
- Small personal first aid kit with blister kit
- Small amount of toilet paper and WAG bag for emergencies
- Lunch and snacks (should be easy to eat in the field)
- Minimum 1L water bottle (NO hydration systems as the hose tends to freeze on cold days)
- **Optional:** thermos with hot drink
- **Optional:** camera
- **Optional:** chemical hand and foot warmers

Suggested Clothing

- Base layer top and bottoms (synthetic or merino wool)
- Warm thermal mid-layers (synthetic or merino wool)
- Down or synthetic insulated jacket ("puffy")

Questions? Contact us at 403-678-3200 x 213 or adventures@alpineclubofcanada.ca

- Gaiters (if pants don't have built-in snow cuff)
- Ski socks (wool, fleece, or synthetic)
- Balaclava, buff, or face protection
- Light gloves or liners
- Insulated gloves or mitts
- Toque

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