

Gear List: Fall Hiking at Lake O'Hara

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

Personal Gear

- Daypack (20-30L is a good size)
- Sleeping bag (5°C to 0°C, depending on your comfort level)
- Well-fitting boots (properly sized and broken in before the trip)
- Sunglasses -close fitting with good UV protection & side shields
- Sunscreen and lip protection with minimum SPF 30
- Water bottle(s) - at least 1 litre, wide mouth, plastic with tight lid
- Small personal first aid kit - Band-Aids, moleskin, duct tape, medications, etc.
- Toiletry kit
- Headlamp - with spare batteries
- Toilet paper and hand sanitizer
- Lighter
- Container and/or Ziploc baggies for lunch

Optional Gear

- Map and compass/Altimeter/GPS
- Collapsible hiking poles
- Pocket knife (Swiss Army style)
- Thermos
- Ear plugs (good for sleeping in noisy huts)
- Small personal amount of liquor/treats, if desired
- Reading material/pencil/journal for evening
- Gaiters
- Camera
- Cash for tips (if desired)

Suggested Clothing

- Gore-Tex jacket (or equivalent waterproof/breathable outer shell w/ hood)
- Long underwear top and bottoms (synthetic or merino wool)
- Warm outer pants (e.g. Schoeller, quick to dry, breathable fabric)
- Fleece or other synthetic jacket/sweater (insulation layer)
- Wool or synthetic hiking socks x 3
- Gloves (1 pairs)
- Toque, warm hat or balaclava
- Sun hat with neck and ear protection, or hat and bandana/buff combo

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

- Light shoes (for around the hut)

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