

Gear List: First Freeze Ice Camp

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

Climbing Equipment

- Ice climbing boots
- Harness
- Helmet
- Belay device
- 2 x Locking carabiner
- 1x 120cm sewn sling
- Ice tools (no leash or adze)
- Ice climbing crampons (full step-in with dual or mono point)
- **Optional:** Extra picks and tool kit for ice tools and crampons

Personal Gear

- Outer shell jacket (GoreTex or similar preferred)
- Warm, waterproof, and vented pants (GoreTex or similar preferred)
- A daypack or small multi-pitch pack (20-30L is usually the standard)
- Headlamp with spare batteries
- Sunglasses (close fitting with dark lenses)
- 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
- **Optional:** Cash for tips (if desired)

Suggested Clothing

- Base layer top and bottoms (synthetic or merino wool)
- Warm thermal layer top (synthetic or merino wool)
- Warm down or synthetic insulated jacket ("puffy")
- Windproof, softshell jacket
- Gaiters (if pants don't have built-in snow cuff)
- 2x Warm socks (wool, fleece, synthetic)
- 2x Light gloves or liners

- 2x Insulated gloves or mitts
- Balaclava, buff, and or toque (should fit under helmet)

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