

# Gear List: Bow-Yoho Traverse

*\*The ACC will supply all group gear including ropes, first aid kit, emergency communication devices, emergency tarp etc.*

## Ski 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.
- Avalanche probe (standard is at least 3m)
- Collapsible, metal avalanche shovel
- Alpine touring skis (at least 95mm ski waist recommended) **or** telemark skis **or** split board
- Skins (properly fitted to skis, full-width, and well glued)
- Skin wax (glopp stopper or a plain tea candle)
- Ski boots (previously worn and proven comfortable)
- Adjustable ski poles
- Ski strap x2 (at least)
- Ski crampons
- Ski helmet
- Ski goggles (orange lenses highly recommended)
- Repair kit: extra parts and tools that are specific to your gear

## Personal Gear

- Outer shell jacket (GoreTex preferred, or waterproof, breathable equivalent)
- Wind/waterproof pants (GoreTex and full side-zip preferred)
- A large daypack or small multi-day pack (35-55L is usually the standard)
- Sleeping bag (5°C to -10°C, depending on your comfort level)
- A headlamp
- Sunglasses (close-fitting with dark lenses)
- Sunscreen and SPF lip protection
- Small personal first aid kit with blister kit
- Toilet paper, WAG bag and hand sanitizer for emergencies
- Small food storage container for daily lunch
- Minimum 1L wide-mouth, plastic water bottle (NO hydration systems as the hose tends to freeze on cold days)
- A lighter

## Optional Gear

- Compass and map (GPS or cell phone with navigation app downloaded and external power source)
- Pocket knife
- Chemical hand and foot warmers
- Ear plugs
- Small journal and pencil
- Camera, memory card, and spare battery
- Small personal amount of liquor or treats if desired
- Cash for tips (if desired)

## Suggested Clothing

- Base layer top and bottoms (synthetic or merino wool)
- Spare top to change into if you get sweaty or damp
- 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)
- 2-3 x Ski socks (wool, fleece, or synthetic)
- Spare socks
- Light gloves for the up-track
- Warm ski gloves or mitts
- Balaclava, buff, and/or warm toque
- Sunhat with neck and ear protection
- Hut booties or slippers
- **Optional:** Evening clothing (it's nice to have at least a spare shirt and socks for the evenings)

## 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
<a href="http://www.gearupsport.com">www.gearupsport.com</a>	<a href="http://www.wmsll.com">www.wmsll.com</a>	<a href="https://activelivingportal.ucalgary.ca/Rental">https://activelivingportal.ucalgary.ca/Rental</a>

Questions? Email [adventures@alpineclubofcanada.ca](mailto:adventures@alpineclubofcanada.ca) or call **403-678-3200** ext. **213**

<p>1302 Bow Valley Trail Canmore, AB 403-678-1636</p> <p><b>*ACC members get a 10% discount!</b></p>	<p>Building A – Samson Mall 201 Village Road Lake Louise, AB 888-547-2559 <a href="mailto:info@wmsll.com">info@wmsll.com</a></p>	<p>University of Calgary 2500 University Drive NW Calgary Alberta T2N 1N4</p>
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