

# Gear List: **AST 2**

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

## Avalanche Safety Equipment

- 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.
- Probe (standard is at least 3m)
- Shovel (collapsible, metal avalanche shovel)
- Backcountry touring set-up (AT or telemark or split board, skins, and boots) **OR** snowshoes and warm, comfortable boots
- Poles (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)
- Wind/waterproof shell pants (GoreTex is preferred, with full side-zip)
- A daypack (30L is usually the standard)
- Sunglasses (dark lenses recommended)
- Sunscreen and SPF lip protection
- Small personal first aid kit with blister kit
- Small amount of toilet paper 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 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')
- Gaiters (if pants don't have built-in snow cuff)
- Ski socks (wool, fleece, or synthetic, dry spare highly recommended)
- Light gloves or mitts (dry spare highly recommended)
- Insulated gloves or mitts
- Warm toque or balaclava
- Sun hat with neck and ear protection (optional)

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