

# Gear List: Kokanee Ski Week

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

## Ski Gear

- Backcountry skis (recommended minimum dimensions at ski waist is 95mm) or split board — freshly waxed!
- Ski or snowboard boots — previously worn-in and proven comfortable (we don't recommend rental boots)
- Backcountry (adjustable) ski poles
- Skins (full width, properly fitted to skis, and well glued)
- 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.
- Snow shovel
- Avalanche probe
- Repair kit — extra binding parts and tools that are specific to your gear
- Ski straps
- Ski crampons
- Skin wax (Glop Stopper or a plain candle)
- Helmet

## Glacier Travel Gear

- Lightweight harness
- 1 x 120cm sewn sling (light Dyneema preferred)
- 1 x Prusik cord (5 meters long; 6 mm diameter)
- 1 x Prusik cord (1.5 meters long; 6mm diameter)
- 2 x locking carabiner
- 2 x identical non-locking carabiners
- 1 x triple locking carabiner
- Light mountaineering axe (40-55 cm long)

## Personal Gear

- Outer shell jacket (GoreTex preferred, or waterproof, breathable equivalent)
- Wind/waterproof shell pants (GoreTex and full side-zip preferred)
- Day pack (30-40L) or multi-day pack (50-60L) for hut-to-hut trips

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

- Sleeping bag (5°C to -10°C, depending on your comfort level)
- Ski goggles with low-light lenses
- Sunglasses - with dark lenses and good coverage (consider a second pair with low-light lenses for poor weather days)
- Sunscreen and lip protection with minimum SPF 30
- Water bottle(s) — 1-2 litre, wide mouth, plastic with tight lid (hydration systems tend to rupture and freeze, so make sure you have a water bottle as well)
- Small personal first aid kit — band-aids, moleskin, duct tape, medications, etc.
- Toiletry kit
- Headlamp — with spare batteries
- Toilet paper and hand sanitizer
- Lighter
- Sandwich box/container/bag for lunch
- Large pack or duffel bag (for helicopter accessed camps only)
- Pillowcase and sheet (optional)

## Optional Gear

- Ice screw
- Camera
- Journal and pencil
- Map and compass/altimeter/GPS
- Pocketknife
- Thermos with warm drink
- Earplugs
- Chemical hand and foot warmers
- Cash for tips (if desired)

## Suggested Clothing

- Long underwear top(s) (synthetic or merino wool)
- Light fleece (or other insulation layer) for cool days
- Wind shell (soft shell or synthetic jacket)
- Warm insulated jacket (down or synthetic)
- Long underwear bottoms (synthetic or merino wool)
- Soft shell pant(s)
- Ski socks (wool or synthetic) (2-3 pair)
- Tip: add a thin liner sock if you are prone to blisters
- Light gloves for the up track
- Warm ski gloves and/or mitts
- Toque (warm hat) or balaclava
- Sun hat with neck and ear protection
- Hut clothing including booties or shoes

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- Winter boots for around the hut (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

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