



ALPINE CLUB
OF CANADA
CLUB ALPIN
DU CANADA

GEAR LIST

AST 1



*The ACC will supply all group gear, including first aid kits.

AVALANCHE SAFETY 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
- Shovel (collapsible, metal avalanche shovel)
- Avalanche probe
- Backcountry touring set-up (AT or telemark or split board, skins, and boots) OR snowshoes and warm, comfortable boots
- Poles with snow baskets (split boarders and snowshoers too)
- Ski helmet and goggles (highly recommended for all skiers and split boarders)

SUGGESTED CLOTHING

- Warm thermal mid-layers (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)
- Balaclava, buff, or face protection
- Light gloves or liners
- Insulated gloves or mitts
- Toque

PERSONAL GEAR

- Outer shell jacket (GoreTex preferred, or waterproof, breathable equivalent)
- Shell pants (GoreTex, with full side-zip, is preferred)
- A daypack (30L is usually the standard, and designed for backcountry winter travel is preferred)
- Sunglasses (dark lenses recommended)
- 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

QUESTIONS? Contact us at 403-678-3200 ext. 213 or adventures@alpineclubofcanada.ca



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RENT YOUR 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!

gearupsport.com >

1302 Bow Valley Trail
Canmore, AB
403-678-1636

*10% OFF for ACC members!

WILSON SPORTS

wmsll.com >

Building A – Samson Mall
201 Village Road
Lake Louise, AB
888-547-2559
Email: info@wmsll.com

U OF CALGARY

activelivingportal.ucalgary.ca/rental >

University of Calgary
2500 University Drive NW
Calgary Alberta T2N 1N4

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