



ALPINE CLUB  
OF CANADA  
CLUB ALPIN  
DU CANADA

# GEAR LIST

AST 2



\*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.
- 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)

## 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

## 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)



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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](http://gearupsport.com) >

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

\*10% OFF for ACC members!

### WILSON SPORTS

[wmsll.com](http://wmsll.com) >

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

### U OF CALGARY

[activelivingportal.ucalgary.ca/rental](http://activelivingportal.ucalgary.ca/rental) >

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

**QUESTIONS?** Contact us at 403-678-3200 ext. 213 or [adventures@alpineclubofcanada.ca](mailto:adventures@alpineclubofcanada.ca)