



ALPINE CLUB
OF CANADA
CLUB ALPIN
DU CANADA

GEAR LIST

FIRST FREEZE ICE CAMP



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

CLIMBING EQUIPMENT

- Ice climbing boots
- Harness
- Helmet
- Belay device
- 2 x Locking carabiner
- 1x 120cm sewn sling
- Ice tools (no leash or adze)
- Ice climbing crampons (full step-in with dual or mono point)
- Optional: Extra picks and tool kit for ice tools and crampons

SUGGESTED CLOTHING

- Base layer top and bottoms (synthetic or merino wool)
- 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)
- 2x Warm socks (wool, fleece, synthetic)
- 2x Light gloves or liners
- 2x Insulated gloves or mitts
- Balaclava, buff, and or toque (should fit under helmet)

PERSONAL GEAR

- Outer shell jacket (GoreTex or similar preferred)
- Warm, waterproof, and vented pants (GoreTex or similar preferred)
- A daypack or small multi-pitch pack (20-30L is usually the standard)
- Headlamp with spare batteries
- Sunglasses (close fitting with dark lenses)
- 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
- Optional: Cash for tips (if desired)

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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