



ALPINE CLUB
OF CANADA
CLUB ALPIN
DU CANADA

GEAR LIST

WINTER LEADERSHIP



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

SKI 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.
- Avalanche probe (standard is at least 3m)
- Collapsible, metal avalanche shovel
- Alpine touring skis or telemark skis or splitboard
- Skins (properly fitted to skis, full-width, and well glued)
- Touring boots (previously worn and comfortable)
- Adjustable ski poles (recommended for splitboarders as well)
- Ski helmet
- Ski goggles (orange lenses highly recommended)

PERSONAL DAILY FIELD 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)
- A headlamp
- Compass
- Area Map (more info to come)
- Optional: chemical hand and foot warmers

Gear list continues overleaf >

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



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SKI CAMPS (WITH BASECAMP)



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ADDITIONAL PERSONAL GEAR

- Sleeping bag (This will be used in a heated building)
- Pillow
- A headlamp
- Participants are encouraged to bring all food for all field days at the start of the course. There is not a nearby grocery store and limited time in the evenings. (Hostel is equipped with fridges and stoves/ovens)

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)
- Ski socks (wool, fleece, or synthetic)
- Light gloves (2 pairs, gloves better than mitts for AST 1 hands on learning)
- Warm ski gloves or mitts (2 pairs)
- Balaclava, buff, and/or warm toque
- Sunhat with neck and ear protection
- Hut booties or slippers
- Evening clothing