

Gear List: Via Ferrata

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

Suggested Clothing

- Sturdy hiking boots
- Light shirt (synthetic or merino wool)
- Light pants/shorts (synthetic or merino wool)
- Fleece or other synthetic jacket (synthetic or merino wool)
- 2 x Hiking socks (wool, fleece, or synthetic)
- 1 x belay gloves or light work gloves
- Sun hat with neck and ear protection

Personal Gear

- Outer shell jacket (GoreTex preferred, or waterproof, breathable equivalent)
- Wind/waterproof shell pants (GoreTex is preferred, with full side-zip)
- A day pack (40L is usually the standard)
- Sunglasses (close-fitting with good UV protection)
- Sunscreen and SPF lip protection
- Small personal first aid kit with blister kit
- Small amount of toilet paper and hand sanitizer
- Minimum 1L wide-mouth, plastic water bottle or equivalent hydration system
- Lunch and snacks for the day

Climbing Equipment

- Climbing harness (can be provided by the guide for a fee)
- Climbing helmet (can be provided by the guide for a fee)
- Lanyard (can be provided by the guide for a fee)

Optional Gear

- Collapsible hiking poles
- Camera and memory card

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
www.gearupsport.com 1302 Bow Valley Trail Canmore, AB 403-678-1636 *ACC members get a 10% discount!	www.wmsll.com Building A – Samson Mall 201 Village Road Lake Louise, AB 888-547-2559 info@wmsll.com	https://activelivingportal.ucalgary.ca/Rental University of Calgary 2500 University Drive NW Calgary Alberta T2N 1N4