



ALPINE CLUB
OF CANADA
CLUB ALPIN
DU CANADA

GEAR LIST

INTRO TO SKI MOUNTAINEERING



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

GLACIER TRAVEL GEAR

- Lightweight harness
- 1 x 120cm sewn sling (light Dyneema preferred)
- 1 x Prusik cord (0.5 meters long; 6 mm diameter)
- 1 x Prusik cord (1.5 meters long; 6mm diameter)
- 2 x Locking carabiner
- 2 x Identical non-locking carabiners
- 1 x Triple locking carabiner
- Light mountaineering axe (40-55 cm long)

PERSONAL GEAR

- Outer shell jacket (GoreTex preferred, or waterproof, breathable equivalent)
- Waterproof pants (GoreTex and full side-zip preferred)
- A daypack (30-40L 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
- Lunch and snacks (should be easy to eat in the field)
- Minimum 1L wide-mouth, plastic water bottle (NO hydration systems as the hose tends to freeze on cold days)
- Optional Face Mask

SKI 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.
- Avalanche probe (standard is at least 3m)
- Collapsible, metal avalanche shovel
- Alpine touring skis (Minimum ski waist of 95 mm recommended) or splitboard
- Skins (properly fitted to skis, full-width, and well glued)
- Skin wax (Glopp stopper or a plain tea candle)
- Ski or snowboard boots (previously worn and proven comfortable)
- Adjustable ski poles
- Ski straps x2 at least
- Ski crampons (Preferred, if you don't have any, please contact ACC Adventures)
- Boot Crampons
- Ski helmet
- Ski goggles (orange lenses highly recommended)

Gear list continues overleaf >

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



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OPTIONAL GEAR

- Wind/waterproof pants (GoreTex with full side-zip preferred)
- Ice screw
- Camera
- Map and compass/altimeter/GPS
- Pocket knife
- Thermos with warm drink
- Chemical hand and foot warmers
- Optional: cash for tips (if desired)

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
- Softshell pants
- 2-3 x Ski socks (wool, fleece, or synthetic)
- Light gloves for the up track
- Warm ski gloves or mitts
- Waterproof over-gloves or mitts
- Balaclava, buff, and/or warm toque
- Sunhat with neck and ear protection

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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