



ALPINE CLUB
OF CANADA
CLUB ALPIN
DU CANADA

GEAR LIST

INTRO TO SPORT



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

CLIMBING EQUIPMENT

- Climbing harness
- Climbing helmet (NO bike, ski or other non-climbing helmets)
- Climbing shoes
- Chalk bag
- Belay device
- Quickdraws (avoid sharing, if possible)
- 5 x locking carabiners
- 2 x non-locking carabiners
- 1 x 120 cm Dyneema or nylon sewn slings
- 1 x personal anchor device (120cm sewn sling, PAS, Petzl Connect, Purcell Prusik, etc.)
- 1 x prusik (1.5 meters x 6mm or 13.5 hollow block)
- Any additional gear that you may want to use or learn about

OPTIONAL GEAR

- Collapsible hiking poles (highly recommended)
- Camera and memory card
- Belay gloves
- WAG bag, small amount of toilet paper, and hand sanitizer
- Cash for tips (if desired)

PERSONAL GEAR

- Outer shell jacket (GoreTex preferred, or waterproof, breathable equivalent)
- Wind/waterproof shell pants (GoreTex preferred)
- 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
- Minimum 1L wide-mouth, plastic water bottle or equivalent hydration system
- Lunch and snacks for the day

SUGGESTED CLOTHING

- Approach shoes
- 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 light gloves or liners
- Sun hat with neck and ear protection

Gear list continues overleaf >

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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