



GEAR LIST

LAKE O'HARA HIKING



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

PERSONAL GEAR

- Daypack (20-30L is a good size)
- Sleeping bag (5°C to 0°C, depending on your comfort level)
- Well-fitting boots (properly sized and broken in before the trip)
- Sunglasses -close fitting with good UV protection & side shields
- Sunscreen and lip protection with minimum SPF 30
- Water bottle(s) - at least 1 litre, wide mouth, plastic with tight lid
- Small personal first aid kit - Band-Aids, moleskin, duct tape, medications, etc.
- Toiletry kit
- Headlamp - with spare batteries
- Toilet paper and hand sanitizer
- Lighter
- Container and/or Ziploc baggies for lunch

SUGGESTED CLOTHING

- Gore-Tex jacket (or equivalent waterproof/breathable outer shell w/ hood)
- Long underwear top and bottoms (synthetic or merino wool)
- Warm outer pants (e.g. Schoeller, quick to dry, breathable fabric)
- Fleece or other synthetic jacket/sweater (insulation layer)
- Wool or synthetic hiking socks x 3
- Gloves (1 pairs)
- Toque, warm hat or balaclava
- Sun hat with neck and ear protection, or hat and bandana/buff combo
- Shorts (optional)
- Light shoes (for around the hut)

OPTIONAL GEAR

- Map and compass/Altimeter/GPS
- Collapsible hiking poles
- Pocket knife (Swiss Army style)
- Thermos
- Ear plugs (good for sleeping in noisy huts)

- Small personal amount of liquor/treats, if desired
- Reading material/pencil/journal for evening
- Gaiters
- Camera
- 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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