

PeakSTRATAGEM ACC Calgary Section PreAMP A1 Intro to Mountaineering 31 May – 2 June 2019

Course Details

Logistics

Course start: 0600h MDT 31 May 2019, PeakSTRATAGEM HQ, 2 Mt McGillivray Drive, Exshaw, Alberta.
PeakEATS is available for 2x breakfast and dinner (appetizer, dinner dessert) for an additional charge of \$60pp.
Participants are requested to provide your own beverages, lunches, and snacks if you choose the PeakEATS option.
Course end: NLT 1630h MDT 2 Jun 2019, Bow Lake parking.

Personal Clothing and Equipment

PeakSTRATAGEM recommends the following clothing:

- Fleece/Wool Hat (that can be worn under a helmet)
- Buff – optional (for cold and/or sun protection)
- Synthetic/Wool Baselayer Shirt (like Icebreaker Oasis) Synthetic/Wool Midlayer Hoody (like OR Deviator)
- Synthetic/Wool Baselayer Pant (like Icebreaker Oasis)
- Synthetic/Wool Socks (like Icebreaker Hike or Ski+ OTC)
- Softshell Jacket (like OR Ferrosi) and Hardshell Jacket weather (like OR Realm)
- Softshell Jacket (like OR Ferrosi) and Hardshell Pants (like OR Helium)
- Medium or Heavy Insulated Jacket (like OR Refuge or Illuminate)
- Insulated Pants – optional (like BD Stance) Camp Booties, light running shoes or similar for the hut
- Light Gloves (like OR Stormtracker) Medium Gloves (like OR Meteor) Heavy Gloves or Mitts (like

The following personal climbing gear is required:

- Daypack 45-55L (recommend BD Mission 55)*
- Helmet (like Petzl Sirocco)* Harness (like Petzl Altitude or Tour)*
- Mountaineering Boots (recommend Scarpa Mont Blanc GTX or La Sportiva Nepal Evo)**
- Crampons (recommend BD Snaggletooth)* Collapsible Pole (recommend BD Expedition 3)
- Beacon w fresh batteries Shovel (like IceRock RAY Pro)* 320cm Probe (like BD Quickdraw 320)*
- Mountaineering Ice Axe (like IceRock Idol)* Assisted Braking Belay Device (like BD ATC Guide)*
- Auto Locking Carabiner w captive eye (recommend Grivel Clepsydra S)
- Anchor Sling (recommend BD 10mm Dynex 120cm) w 2 non-locking (recommend Petzl Ange S or L)*
- 2x locking carabiners (recommend Petzl Attache 3D)* Ice Screw (recommend BD Express 22cm)
- V Thread Tool (recommend Glacier Plastics Abalakov Hooker)*
- 2x 5m x10kN accessory cord (recommend BD 6.0 Static Cord)*
- 1x 2m x10 kN accessory cord or Sterling Hollowblock 13.5”(recommend BD 6.0 Static Cord)*
- Knife on a carabiner (recommend Spyderco Ladybug H1 and Ange S)* SOL Emergency Sleeping Bag
- First Aid Kit (recommend capability of dealing w minor bleeds, blisters, athletic tape)
- Siltarp – optional (recommend RAB Guides Siltarp 2 or Siltarp1 depending on group size)
- Sleeping Bag 0C or colder (depending on how you sleep) Camp Pillow – optional
- Lighter Headlamp (recommend Petzl Reactik +)* Battery Backup
- Water Bottle (recommend 1x wide mouth Nalgene and Thermos)
- Camera – optional GPS or Smartphone w mapping app
- Compass (recommend Silva Expedition S)
- Map of the Wapta Icefield*

Group Gear

ACC Trip Coordinator to arrange for 3x 60m single ropes for each group.

*These items can be coordinated through PeakSTRATAGEM.

**Boots can be rented in Calgary or Canmore.

Please contact us in advance if you do not have your own and need to rent or purchase.



PeakSTRATAGEM

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