

## 20211010-13 PeakSTRATAGEM A1 Intro to Mountaineering

### Course Details

#### Logistics

**Course start:** 20211010 0600h MDT, PeakSTRATAGEM, 2 Mt McGillivray Drive, Exshaw, Alberta. Or meet in the Mt Athabasca parking lot.

**Food:** PeakEATSfood.com will be provided from 20211010 lunch to 20211013 lunch.

**Camping:** We will camp at the Icefields or Wilcox Campground. Camping is first come first serve, which is why we are starting the course on Thursday. You will be responsible for the camp site fees. There is a maximum of 2 vehicles and 2 tents per camp site.

**Course end:** NLT 20211013 1630h MDT, Icefields 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)\*\*
- Snowshoes
- 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 Petzl Spatha and Ange S)\*  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
- Fieldbook w pencil\* (recommend RiteintheRain Level No 311FX, YE99)
- 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 Mount Athabasca\*
- 4 Season Tent  Sleeping Pad  Bowl or Large Mug

\*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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