

PeakSTRATAGEM ACC Calgary Section A1 Intro to Mountaineering 23-25 August 2019

Course Details

Logistics

Pre-course Logistics: TBC PM 23 August 2019 travel from YYC to Beauty Creek Hostel, on the 93N. Make sure you fuel up in Lake Louise so you don't have to fuel up at Saskatchewan Crossing or need to make a trip to Jasper.

Beauty Creek Hostel location: UTM 11U 0476900mE 5799400mN or Lat/Lon 52° 20.644'N 117° 20.351'W elev 1590m.

Course start: 0800h MDT 24 August 2019, Beauty Creek Hostel.

PeakEATS is available and recommended for 2x breakfast and 1x dinner (appetizer, dinner dessert) for an additional charge of \$38pp. This will simplify and expedite cooking, giving you the most time to focus on learning.

Participants are requested to provide your own beverages, lunches, and snacks if you choose the PeakEATS option.

Course end: NLT 1630h MDT 23 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 hostel.
- Light Gloves (like OR Stormtracker) Medium Gloves (like OR Meteor) Heavy Gloves or Mitts (like

The following personal climbing gear is required:

- Daypack 35-45L (recommend BD Mission 35)*
- 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)
- 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)
- 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 Athabasca Area*

Group Gear

ACC Trip Coordinator to arrange for 2x 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.



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