

## PeakSTRATAGEM AMP 1 Bow Hut 29 February – 2 March 2020

### Itinerary:

Day 1: Meet at 0700h at HI Lake Louise Alpine Centre. Travel to Bow Lake parking and ski in to Bow Hut. Afternoon crevasse rescue toolbox for ski mountaineering. Evening planning session.

Day 2: Ski objectives to include Mount Olive, Gordon, or Rhondda.

Day 3: Ski objective if conditions allow before returning to vehicles NLT 1500h MST.

### 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 BD Factor)
- Synthetic/Wool Baselayer Pant (like Icebreaker Oasis)  Synthetic/Wool Socks (like Icebreaker Hike+ or Ski+ OTC)
- Softshell Jacket (like BD Dawn Patrol) and  Hardshell Jacket weather (like BD Recon)
- Hardshell Pants (like BD Recon)  Light Insulated Jacket (like BD First Light)
- Medium or Heavy Insulated Jacket (like BD Belay)  Insulated Pants – optional (like BD Stance)
- Light Gloves (like BD Tour)  Medium Gloves (like BD Glissade)
- Heavy Gloves or Mitts (like BD Guide or Mercury)

The following personal backcountry gear is required:

- Multi-day Pack 55L (recommend BD Mission 55)\*
  - Helmet  Sunglasses  Goggles
  - Skis/splitboard w touring bindings (like G3 Ions)  touring boots  poles  skins  ski strap  scraper
  - Skin wax\*\*  ski crampons (to fit your bindings)
  - Transceiver w  sufficient batteries,  Shovel,  Probe\*\*
  - Mountaineering crampons (recommend BD Neve or Petzl Leopard)\*
  - Ice Axe (recommend IceRock IDOL)\*
  - Mountaineering Harness (recommend Petzl Tour)\*
  - Triple Action Captive Eye Locking Carabiner (recommend Grivel Clepsydra S or BD Magnetron Gridlock)\*
  - 2x Lock Carabiner (recommend Petzl Attache 3D or Williams)\*
  - 120cm sewn dyneema sling w 2 non-lockers (recommend Ange S carabiners)\*
  - Ice screw minimum 13cm (recommend BD Express)\*
  - 2x 5m accessory cord (10kN minimum)\*  2m accessory cord (10kN minimum) or Sterling Hollowblock\*
  - Petzl Microtraction optional\*  Petzl Tibloc optional\*
  - Fieldbook and  pen or pencil (recommend RiteintheRain Levels no 311, YE99, 93B, PeakSTRATAGEM cover)\*
  - Wapta Icefield Map (Klassen)\*  Compass (recommend Silva Expedition S)\*
  - Sunscreen  Thermos or Water Bottle w insulated sleeve
  - Headlamp w red light option\*  Small first aid kit including minor bleeds and blister kit
  - Avaluator Card
- Optional:  Camera  GPS and/or Smartphone  inReach
- Hut clothing  Hut booties
  - Sleeping bag -5C or warmer  Inflatable pillow optional

If you choose the PeakEATS food program (highly recommended for giving you the most time to spend learning during morning and evening sessions) please ensure you bring the following:

- Breakfast
- Lunch and snacks for 3 days of active backcountry travel
- Favourite beverages (tea, coffee, energy drink, beer, wine, liquor)

\*These items can be coordinated through PeakSTRATAGEM.

\*\* These items are available in Calgary or Canmore for rent.



**PeakSTRATAGEM**

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