

## PeakSTRATAGEM ACC YYC AMP1/2 Intermediate Mountaineering 20-23 Aug 2020

### Course Details

#### Logistics

Course start: 0700h MDT 20 Aug 20, PeakSTRATAGEM HQ, 2 Mt McGillivray Drive, Exshaw, Alberta.

**Food Option** PeakEATS is available for 3x breakfast and dinner (appetizer, dinner, dessert) for an additional charge of \$90pp. Participants are requested to provide your own beverages, lunches, and snacks.

Course end: NLT 1630h MDT 23 Aug 20, Lake O'Hara 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 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 10C 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 Lake O'Hara Peaks\*

#### 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 Canmore.

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



## PeakSTRATAGEM

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