



## ACC Women\* on Ice Program - Gear List

### SUGGESTED CLOTHING

- 2 x Base layer top and bottoms (synthetic or merino wool)
- Warm outer pants (quick to dry, breathable fabric)
- Fleece or other synthetic jacket (synthetic or merino wool)
- Down or synthetic insulated jacket ('puffy')
- Outer shell jacket (GoreTex preferred, or waterproof, breathable equivalent)
- Wind/waterproof shell pants (GoreTex is preferred, with full side-zip)
- Gaiters
- 2-3 x Warm socks (wool, fleece, or synthetic)
- 1 x Warm gloves or mitts
- 1 x Light gloves or liners
- Warm toque or balaclava
- Sun hat with neck and ear protection
- Optional: Hut booties or slippers for in hut
- Optional: Comfortable clothes to change into in the evenings



## PERSONAL GEAR

- Pen to sign waiver (blue or black ink only)
- A multi-day pack (40-50L is usually the standard)
- Sleeping bag (5°C to -5°C, depending on your comfort level)
- Headlamp with spare batteries
- Sunglasses (close-fitting with good UV protection)
- Sunscreen and SPF lip protection
- Small personal first aid kit with blister kit
- Toothbrush and tooth paste
- Toilet paper and hand sanitizer
- Minimum 1L wide-mouth, plastic water bottle, 2 X 1 L would be best (NO hydration systems as the hose tends to freeze on cold days)
- Small container for lunch, daily



## CLIMBING EQUIPMENT

- Mountaineering boots or stiff hiking boots (Must be sturdy, supportive, designed for rock and snow and suitable for attachment of crampons)
- Crampons (mountaineering style with front points and anti balling plates (please fit crampons to boots prior to your trip)
- Climbing Harness
- Climbing helmet
- Belay/ rappel device
- Mountaineering ice axe (approximately 55-70 cm long)
- 1 x Ice screw (at least 20 cm long)
- 2 x Pear-shaped locking carabiner
- 3 x identical non-locking carabiners
- 1 x 120 cm Sewn sling
- 1 x Prusik (1.5 meters x 6mm or 13.5 hollow block)
- 1 x Cordelette (5 meters x 7 mm)



## OPTIONAL EQUIPMENT

- Collapsible hiking poles (highly recommended)
- Map and compass/altimeter/GPS
- Small journal and pencil
- Personal art supplies (watercolor palette and brushes, pens)
- Ear plugs
- Pocket knife
- Small personal amount of liquor or treats if desired
- Boot waterproofing
- Camera, spare battery, and memory card
- Water purification tablets or UV light pen

The ACC and Girls\* on Ice Canada will supply any necessary group gear (not shown on this list) including ropes, group first aid kit, group inReach etc.