

ACCVI SUMMER CAMP – SUGGESTED PERSONAL EQUIPMENT LIST - 2025

Suggested Clothing List

- Long underwear top and bottoms (synthetic or merino wool)
- Soft shell or synthetic pants
- Fleece or wool jacket/sweater (insulation layer)
- Down or synthetic insulated jacket
- Wind shirt or soft shell climbing jacket
- Waterproof/breathable outer shell jacket with hood (Gore-Tex or equivalent)
- Waterproof shell pants (Gore-Tex or equivalent, preferably full side-zip)
- Several pairs of wool or synthetic socks (tip: add a thin liner sock if you are prone to blisters)
- Insulated gloves (Gore-Tex or equivalent) (gloves preferable rather than mitts)
- Light weight gloves (fleece or lightly insulated leather type)
- Spare gloves
- 2 x Toque (warm hat)
- Gaiters
- Sun hat with neck and ear protection
- Bug shirt / hat
- Comfortable warm clothing for evenings, shoes for around camp i.e. runners, sandals or crocs.
- Rubber boots are a luxury item if the weather forecast looks wet!

Personal Equipment

- Climbing day pack - sufficient to carry climbing gear/spare clothing/lunch (+/- 35 litres recommended)
- Tent
- Sleeping bag - adequate to -10°C (+14°F) (depending on your comfort level)
- Mattress - Thermarest, ensolite, air or foamy with waterproof cover
- Sunglasses/glacier glasses-close fitting with good UV protection & side shields
- Spare pair of sunglasses
- Sunscreen and lip protection with minimum SPF 30
- Insect repellent
- Water bottle(s) - 1 litre, wide mouth, plastic with tight lid (hydration systems tend to rupture and freeze)
- Water filtration / treatment if desired
- Personal first aid kit - band aids, moleskin, duct tape, medications, etc.
- Toiletries - towel, washcloth, soap, mirror, razor, personal medication and hygiene items
- Headlamp - with spare batteries
- Lighter
- Duffel Bag - waterproof or plastic lined

Essential Climbing Equipment

- Mountaineering boots - sturdy, supportive, designed for rock and snow and suitable for attachment of crampons
- Climbing harness
- Climbing helmet
- Crampons, mountaineering-style with front points and anti-balling plates - please fit crampons to boots prior to trip
- Ice axe – long enough for general mountaineering purposes
- One ice screw
- Two locking carabiners
- Belay/rappel device
- Two identical non-locking carabiners
- One length of nylon webbing – 3 meters (10') long, or pre-sewn sling – Nylon/ Dynex 120/240cm
- One Prusik cord – 5 meters (16') long, 7 mm diameter
- One Prusik cord – 1.5 meters (5') long, 7 mm diameter
- Ski pole(s) - for hiking and approaches.

Optional Equipment

- Shorts / T-shirt
- Earplugs (good for sleeping near noisy neighbours)
- Camera, spare battery and memory card
- Pocket knife (Swiss Army style)
- River crossing shoes (light, strap-on sandals for river crossings)
- Thermos
- Map and compass / Altimeter / GPS
- Reading material/journal/pencil
- Boot waterproofing
- Small personal amount of liquor / treats, if desired (no glass)
- Umbrella
- Bear Spray
- No fire-arms please