

There are several excellent sports shops in Calgary, Canmore, and Banff, including a top-notch second-hand shop in Canmore. If you need clothing, footwear, or gear for the trip, come a day early and shop to your heart's desire. You'll have the added benefit of starting to acclimatize if you are from sea-level - the elevation of the Conrad Kain Hut is 2,230 m / 7,315 ft.

### Technical Gear

Bring the following, or rent or buy the items from a shop in Calgary, Canmore, or Banff:

- ☐ Trekking or light mountaineering boots to which you can affix crampons
- ☐ Lightweight crampons suited to your boots
- ☐ Rock climbing shoes
- ☐ Lightweight ice axe
- ☐ Lightweight, 'shorty' summer gaiters
- ☐ 45-55 litre backpack for transporting your things (plus group gear!) to the hut
- ☐ Simple, lightweight climbing pack (~20 litres) for climbing days (optional, but recommended)
- ☐ Leather belay/rappel gloves (optional)
- ☐ Lightweight, collapsible ski poles (optional, but recommended)

Bring the following, buy it upon arrival, or ask us for a quote to provide the items:

- ☐ Climbing helmet
- ☐ Climbing harness with gear loops
- ☐ 6 quickdraws
- ☐ Minimum of four non-locking carabiners
- ☐ Two or three locking carabiners
- ☐ Larger pear-shaped locking carabiner for Munter Hitch
- ☐ Four shoulder-length slings
- ☐ Two double shoulder-length slings or one 5-metre length of 7 or 8 mm cordelette
- ☐ Two Prusik cordalettes: 5-6 mm diameter, 3.5-meter length
- ☐ Tuber-style belay/rappel device or Figure 8
- ☐ Single rope (9.5-10 mm diameter, 50-60 m length) or double ropes (8-9 mm diameter, 50-60 m length) per climbing team
- ☐ One set of wired nuts (stoppers) per climbing team
- ☐ One set of camming devices per climbing team (i.e. 7 or 8 cams up to 3-inches)

Your guide will bring the following:

- ☐ Rope(s)
- ☐ Rock protection
- ☐ Group first aid kit

## **Clothing**

We recommend the 'layering system': Bring light, synthetic or wool clothing that doesn't take much space in your backpack and dries quickly when sweaty or wet. Layers must be put on and taken off quickly as weather conditions change during the day. Merino wool is a nice material for base layers and t-shirts because it is comfortable, warm, and it does not retain odours even after many days of use.

- ☐ Wind and waterproof shell jacket with hood (Gore-Tex or similar)
- ☐ Lightweight wind and water-resistant over pants (Gore-Tex or similar)
- ☐ Lightweight synthetic climbing pants or zip-offs
- ☐ Medium weight Primaloft jacket with hood
- ☐ Medium weight fleece sweater
- ☐ Synthetic or wool base layers – top and bottom
- ☐ Synthetic shorts and t-shirt
- ☐ Quick-drying sports bra
- ☐ 2-3 pairs good quality trekking socks
- ☐ Warm hat that covers your ears
- ☐ Lightweight synthetic gloves
- ☐ Sun hat, preferably with a wide rim
- ☐ Bandana or Buff (optional)

## **At the Hut**

- ☐ Spare socks and underwear
- ☐ Down vest or light insulated jacket (optional)
- ☐ Light summer sleeping bag
- ☐ Light hut slippers or crocs

Toiletries and small towel (keep to a bare minimum – the hut has limited washing facilities and no showers)

- ☐ Earplugs (optional, but recommended)

## **Other items**

- ☐ Your favourite lunches and snacks - candy bars, dried fruit, nuts, etc.
- ☐ Sunglasses with high UV protection
- ☐ Sunscreen and lip protection with high SPF
- ☐ Small container bug spray or cream
- ☐ One or two one-litre water bottles
- ☐ Headlamp with spare battery
- ☐ Personal first aid kit and other needs (eg. blister kit, prescription medicine, anti-inflammatory, contact lenses, prescription glasses, etc.)
- ☐ Pocket knife (optional)
- ☐ Health and travel insurance documents
- ☐ Light stuff sacs or Ziploc bags to keep your backpack organized and important items dry (optional, but recommended)
- ☐ Camera, spare batteries (optional)
- ☐ Maps, GPS, altimeter watch (optional)
- ☐ Hand sanitizer or sanitary hand wipes (small personal amount)