



Canadian Rockies Rock Climbing Equipment List

There are more than half a dozen excellent sports shops in Canmore, Banff, and Jasper, 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 mountain towns is between 1,060 m / 3,500 ft and 1,600 m / 5,250 m.

Technical Gear

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

- ☐ Rock climbing shoes
- ☐ Sturdy approach shoe or light trekking boot with ankle support
- ☐ Running shoe or light approach shoe for easier approaches (optional)
- ☐ Climbing backpack (25-30 litres) with rain cover specific to the pack
- ☐ Leather belay/rappel gloves (optional)
- ☐ Lightweight, collapsible ski poles (optional, but recommended)

Bring the following, buy it upon arrival, or let us know in advance if you'd like us to provide the items (included in trip cost):

- ☐ 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)

Clothing

We recommend the 'layering system': Bring light, technical 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. There may be days when you can wear cotton, but your main clothing choices should be synthetic or wool. 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)

Around town

- ☐ Casual clothing, comfortable footwear, swimsuit - everything you need to be comfortable in and around town.
- ☐ Toiletries

Hut Overnights (if included in the program)

- ☐ 45-55 litre pack
- ☐ Spare socks and underwear
- ☐ Down vest or light insulated jacket (optional)
- ☐ Light summer sleeping bag
- ☐ Light hut slippers (optional)
- ☐ Toiletries and small towel (keep to a bare minimum – there are no showers at the hut)
- ☐ Alpine Club card (if you hold a membership)
- ☐ 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)