



WAPTA ICE FIELD GLACIER TREK EQUIPMENT LIST

Considerations

Packing for any backcountry trip is always a balancing act. You want your pack to be as light as possible so you can enjoy the trekking instead of just suffering through it. But you also want to have enough gear to be warm and comfortable around the hut or campsite in the evening. When buying, renting, or borrowing gear for the trip, please keep weight, performance, and function in mind.

Technical Equipment

Bring or rent the following (see 'Trip Info Links' at the bottom of the Wapta page):

- Mountaineering boots or sturdy, waterproof hiking boots that cover your ankles (minimum B1 category, B2 is better)
- Backpack (45-65 litres) with rain cover fitted to the pack

OnTop will provide the following equipment:

- Ice axe for glacier travel (50-75 cm long)
- Crampons with anti-snowballing plates (usually integrated into modern crampons) that are suitable for your boots. Note: rigid crampons will not work on hiking boots
- Collapsible ski poles
- Harness for glacier travel
- One triple-action locking carabiner or two conventional locking carabiners

Your guide will bring the following technical equipment:

- Ropes for glacier travel
- Crevasse rescue equipment (Prusik cords, webbing, pulleys, auto-locking device).
- General repair kit and Leatherman

Clothing

Temperatures in the Canadian Rockies vary hugely even in the summer months. Between June and September, temperatures can range from lows of 0°C overnight to +15°C during the day, or from +15°C overnight to +30°C during the day in the valley bottoms. Somewhere in between is normal and having several clothing layering options is important. Bring light, technical clothing that doesn't take much space in your backpack and dries quickly when sweaty or wet.

- Wind and waterproof shell jacket with hood (Gore Tex or similar)
- Wind and waterproof over-pants with side zippers (Gore Tex or similar)
- Mountaineering pants (eg. lightly lined Schoeller fabric or similar)
- Thick fleece or wool pullover, or PrimaLoft jacket
- Medium weight fleece sweater
- Thin synthetic or wool underwear, top and bottoms
- Synthetic or wool t-shirt
- Quick-drying sports bra

- Two pairs of gloves (lightweight and heavier weight)
- Good quality trekking or mountaineering socks (synthetic or wool, thick outer and thin liners)
- Gaiters that fit over your boot (unless pants seal tightly to your boots)
- Wool or fleece hat that covers your ears
- Sun hat, preferably with a wide rim
- Bandana or neck gaiter (eg. Buff)

Around the hut

- Sleeping bag – a three-season bag is sufficient. Outside temperatures are rarely below freezing in summer. This can be rented from one of the listed retailers.
- Light down jacket or vest
- Spare underwear and socks
- Light hut shoes or crocs. The crocs (with heel strap) can also be used for creek crossings.
- Toiletries (keep to a bare minimum – the huts have minimal washing facilities)
- Ear plugs (recommended)

Other

- Lunch and snacks for three days (eg. sandwiches, candy bars, dried fruit, nuts, etc.)
- Sunglasses with high UV protection
- Sunscreen and lip protection with high SPF
- One or two one-litre water bottles. Water bladders not recommended*
- Headlamp with fresh batteries
- 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
- One or two lightweight garbage bags for extra waterproofing
- Light stuff sacs or Ziploc bags to keep your backpack organized and important items dry (recommended)
- Camera, spare batteries (optional)
- Compass, maps, GPS (optional)
- Hand sanitizer or sanitary hand wipes
- Feminine hygiene supplies
- Toilet paper – small amount for daytime emergencies
- Comfortable clothing and shoes to leave in the car for return to civilization