

## 2017 Mountaineering Camp: Rogers Pass

### MOUNTAINEERING CAMP (ALPINE CABIN) Gear Checklist:

Name: \_\_\_\_\_

Item:	Specific Recommendations:	# Req'd	<input checked="" type="checkbox"/> APPROVED	<input type="checkbox"/> REQUIRED!
<b>Day Clothing:</b>				
<b>Note:</b> MEC discontinues items – this list tries to be up-to-date – call JL if item is not on MEC's website.				
<b><u>NO</u> cotton clothing!</b>				
Apologies to the ladies: This was written for boys...please adjust to suit your needs.				
<b>Note:</b> It's highly recommended to have a separate set of "travel clothes". Wear them to and from Rogers Pass but don't take them up the mountain (leave them in a car). When you come down after a week, you'll be glad you have something clean to put on to wear home. 😊				
• underwear – you will want a fresh pair every two days	Good: <a href="#">MEC T1 Classic Boxer Briefs</a>	3		
• wool, polypropylene or nylon blend socks	Good: <a href="#">Great Canadian Sox Company Super-Wool Hiker GX Socks</a>	2		
• Liner socks	Good: <a href="#">Wigwam Gobi Liner Socks</a>	2		
• base layer – top (long sleeve) (MEC <b>T1</b> = light <b>T2</b> = medium & <b>T3</b> = heavy weight)	Good: <a href="#">MEC T1 Zip-T</a> \$35	1		
• base layer – top (short sleeve) (MEC <b>T1</b> = light <b>T2</b> = medium & <b>T3</b> = heavy weight)	Good: <a href="#">MEC T1 Short-Sleeved Crew</a> \$27	2		
• activity/climbing pants [outer layer] X no jeans or cotton sweat pants X	Good: <a href="#">MEC Sandbagger Pants</a> \$95	1		
• fleece (or wool) sweater [insulating layer]	Good: <a href="#">MEC Watchtower Fleece Jacket</a> \$55	1		
• waterproof jacket [outer layer]	Good: <a href="#">MEC Hydrofoil 3 Jacket</a> \$110	1		
• waterproof pants [outer layer] – we will use these when we do ice axe self-arrest	Good: <a href="#">MEC Aquanator Pants</a>	1		
• lightweight liner gloves (daily use)	Good: <a href="#">Black Diamond Welter Weight Gloves</a> \$19	1		
• RE-INFORCED PALM insulated gloves - leather or leather-like palm <b>work</b> or <b>ski</b> gloves to keep your hand warm & protected from ice and snow while climbing and RAPPELLING <b>MANDATORY</b>	Good: <a href="#">Black Diamond Crag Gloves</a> \$23 Good: <a href="#">Helly Hansen T-Max Soft Shell Glove</a> \$30 Good: <a href="#">Dakota Ultimate Deerskin Glove</a> \$33 Good: <a href="#">MEC Skate XC Gloves</a> \$45 Best: <a href="#">Black Diamond Arc Gloves</a> \$90	1		
• wool or fleece toque		1		
• Drawstring mesh bag (to put your dirty clothes into during the camp)	Good: <a href="#">MEC Pack Rat Mesh Stuff Sacks</a>			
• Lounge wear – something to wear after hours (e.g., shorts & a t-shirt)				
• sleeping tops & bottoms (whatever makes you comfortable at night – could be lounge wear)		1		
<b>Foot Wear:</b>				
• <b>Hiking Boots</b> (the foundation of your adventure) * <b><u>Waterproof your boots!</u></b> * Buy the waterproofing recommended for the type of boot you purchase and apply it before using your new boots! * If in doubt, slather "Dubbin" on leather boots.	Good: <a href="#">Hi-Tec Altitude V WPI Hiking Boots</a> \$125	1		
• Gaiters - keeps snow and debris out of your boots while hiking and protects the bottom of your pants from your crampons while climbing	<i>Waste of Money:</i> <a href="#">MEC Nylon Gaiters</a> <b>Recommended:</b> <a href="#">MEC Kokanee 2 GORE-TEX Gaiters</a>  [NOTE: The nylon MEC gaiters have a zipper & are hard to put on, freeze up & don't breathe. A total waste of money.]	1		
• Flip flops, sandals or sneakers <b>MANDATORY</b> – bring something lightweight to wear in the cabin	Note: Wearing boots in the hut is not allowed! Bring something else light to slip on or you'll get splinters in your feet from the rough floor.			
• Hiking (trekking) poles	<b>Note:</b> Optional but highly recommended for the trail up to the hut and down to the valley. They give you tremendous balance and act as stair railings going up and down (they can stop you from slipping on the steep bits. They also take some of the shock off your knees when descending. An old pair of ski poles will also do.			
<b>Sleeping Gear:</b>				
<b>Note:</b> The cabin is <b>NOT</b> cold – we sleep on the upper floor and all the bodies in the cabin keep it warm – you only need a light, summer weight sleeping bag.				
• <b>sleeping bag (summer weight)</b> (with compression bag* and waterproof stuff sack or plastic bag)	Choose Regular/Long –and- Right/Left-side zip.	1		
• *sleeping bag compression stuff sack	Good: <a href="#">OR Ultra-Light Compression Sack</a> Please make sure your youth can stuff his/her own sleeping bag into his/her compression sack!	1		

Item:	Specific Recommendation:	# Required:	APPROVED:	REQUIRED:
<b>Mess Kit:</b>				
NOTE: All cook ware and dinner ware is supplied in the cabin				
• 1 litre water bottle (wide mouth screw-on lid)	<a href="#">1 litre Nalgene Everyday Wide-Mouth Loop-Top Water Bottle</a>	1-2		
<b>Toiletries:</b>				
• personal toiletries kit including:				
* tooth paste & brush		1		
* 2 full rolls of <b>toilet paper</b> (in ziplock bags) <b>MANDATORY</b>		2		
* <b>wet wipes</b> (in sealed ziplock bag) <b>MANDATORY</b> [4-8 wipes <b>per day</b> recommended]		50		
* <b>Kleenex</b> (put folded in half in sealed ziplock baggies – bring enough for a week) <b>MANDATORY</b>		50		
* soap (biodegradable) (optional)		1		
* hand towel or micro-fibre travel towel (optional)		1		
* Purell (optional)		1		
<b>Camp Gear:</b>				
• backpack - you want sufficient space to carry all your gear <u>along with your share of the group gear</u> (rope, etc.) - 65-85 litre recommended - backpacks are sold in short, regular & long (torso) sizes	Good (heavy): <a href="#">MEC Ibex 80</a> \$189 Good (light): <a href="#">MEC Alpinelite 75</a> \$159	1		
• backpack rain cover (optional)	<a href="#">MEC Rain Cover</a>	1		
• day pack – it's nice to have a 20-30 litre daypack for going up the glacier every day so that you don't have to lug your big 65-85 litre backpack just to carry day trip items (make it ultra light and/or crushable to store in your main bag on the trail up or attach it to the outside of your main pack) – you will have to bring some sort of pack every day when we leave the hut for an extended period to carry personal gear (can be regular pack)	<a href="#">MEC Adventurer Daypack</a> <a href="#">MEC Air Hike 28 Backpack</a> <a href="#">MEC Exorcist Daypack</a>	1		
• day pack rain cover (optional)	<a href="#">MEC Rain Cover</a>	1		
• <b>Sunglasses</b> <b>MANDATORY</b>		1		
• <b>Sunscreen</b> <b>MANDATORY</b>		1		
• personal first aid supplies (mostly blister treatment)		1		
• Headlamp (with extra batteries) <b>MANDATORY</b>	Good: <a href="#">Petzl Tikina Headlamp</a> Best: <a href="#">Petzl Tikka XP Headlamp</a>	1		
<b>Miscellaneous:</b>				
• Emergency whistle on lanyard [mandatory]	Good: <a href="#">Fox40</a>	1		
• Bear repellent (recommended)				
<b>Climbing Gear:</b>				
* climbing harness		1		
* 2 locking carabiners		2		
* ice axe	supplied – advise organizer if <b>not</b> needed	1		
* crampons	supplied – advise organizer if <b>not</b> needed	1		
* climbing helmet	supplied – advise organizer if <b>not</b> needed	1		