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**OnTop Ltd -**

We offer trips/courses in mountaineering, hiking, rock and ice climbing and ski touring in Europe, Canada and the U.S.



340 Canyon Close – Canmore, AB, T1W 1H4 – Canada  
**Toll free: 1 800 506 7177**

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## **EQUIPMENT LIST: ALPINE ROCK CLIMBING CAMP**

### **1. Technical Equipment**

- Approach shoe, a sturdy trekking boot for alpine approaches
- Running shoe or light approach shoe for easier approaches
- Rock climbing shoes\*
- Climbing backpack (30-35 liters) with rain cover if possible.  
Some have built-in rain covers (Deuter backpacks).  
Rain covers can also be bought separately.  
Otherwise bring a big plastic (garbage) bag as an inside liner for your backpack.
- Climbing helmet\*\*
- Collapsible ski poles\* (recommended on some approaches, better for knees)
- 1 harness with gear slings\*\*
- 6 quickdraws\*\* (2 carabiners with a short sling of webbing)
- 3 locking carabiners\*\*
- 1 HMS (large locking) carabiner\*\*
- 3 long slings of webbing (single shoulder)\*\*
- 2 long slings of webbing (double shoulder) or one cordelette (8mm)\*\*
- 1 figure 8 or other belaying/repelling device\*\*
- 2 prusiks: (3,5 meter long rope slings, both 5-6mm wide)\*\*
- Single rope (10-11mm wide, 50-60m long) or double rope (8-9mm wide, 50-60m long) per climbing team\*\*
- 1 set of wired nuts (stoppers) per climbing team\*\*
- 1 set of cams (friends/camelots) per climbing team\*\*

**All items marked '\*' can be rented from a rental shop locally.**

**All items marked '\*\*' can be provided by OnTop.  
Let us know ahead of time if you need any of these items.  
Please bring your own equipment if you have it.**

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Any questions, please contact us:

**phone: 1 (800) 506 7177 fax: 1 (403) 678 2717  
email: [info@ontopmountaineering.com](mailto:info@ontopmountaineering.com)**

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## **2. Clothing**

We suggest using the 'layer system': Light technical clothing that doesn't take much space in your backpack and dries quickly if sweaty or wet.

Layers can be put on and taken off fast if weather conditions change during the day.

- 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
- Fleece or heavy jacket
- Medium weight fleece sweater
- Long underwear or running tights (e.g. Capilene or polypro)
- Undershirt - preferably long sleeves (e.g. Capilene or polypro)
- Warm socks for trekking/mountaineering boots (wool/synthetic outers)
- Lighter socks for rock climbing shoes
- Warm hat, covering your ears
- Lightweight gloves (fleece)
- Sun hat, with a wide brim if possible
- Bandana (optional)

## **3. Hut lodging (if included in the program)**

- Spare underwear, socks
- Down vest or light insulated jacket (optional)
- Light sleeping bag liner (preferably silk) – blankets are provided in the huts
- Light hut slippers (optional)
- Light stuff sacs or zip lock bags to keep your backpack organized (optional)
- Toiletries and small towel (optional)
- Alpine Club card (if you hold a membership)
- Ear plugs (optional but very useful)

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#### **4. Other Items**

- Sun glasses (with very good UV protection)
- Sun screen and lip protection
- Water bottle, preferably insulated, minimum volume: 1 liter or camelbak (if too cold, bladder tube might freeze up!)
- Head lamp with spare batteries and bulb
- Blister kit (optional)
- Snacks (candy bars, dried fruit, sandwiches, nuts, etc.)
- Personal items (prescription medicine, extra contact lenses and maintenance equipment, extra pair of prescription glasses, etc.)
- Pocket knife or leatherman (optional)
- Passport
- (Health/Travel) insurance documents
- Zip-lock bag for wallet and other documents to keep them dry (recommended)
- Camera, batteries (optional)
- Compass, maps and GPS (optional)

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