
OnTop Mountaineering Ltd -

We offer trips/courses in mountaineering, hiking, rock and ice climbing and ski touring
Canada and Colorado.

Internationally certified guides only!

340 Canyon Close – Canmore, AB, T1W 1H4 – Canada

Toll free: 1 800 506 7177



EQUIPMENT LIST:

MULTIDAY-TREK with "VIA FERRATA"

1. Technical Equipment

- Sturdy, waterproof leather trekking / hiking boots
- Backpack (35-45 liters)
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**
- Climbing harness**
- Via Ferrata clip-in set with shock-absorbing device**
- Collapsible trekking poles* (One pole is recommended)

All items marked '' can be provided by OnTop.
Please bring your own equipment if you have it.**

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
- Light-weight hiking shorts
- 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)

Any questions, please contact us:

phone: 1 (800) 506 7177 fax: 1 (403) 678 2717

email: info@ontopmountaineering.com

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- Warm socks for mountaineering boots (wool/synthetic outers)
- Warm hat, covering your ears
- Pair of warm gloves (warm finger gloves sufficient)
- Pair of thin leather gloves, bicycle or work gloves for via ferratas
- Light, "shorty" gaiters (for early and late season departures)
- Sun hat, with a wide brim if possible
- Bandana (optional)

3. Hut lodging (if included in the program)

- Down vest or light insulated jacket (optional)
- Very light youth hostel sleeping bag or thin sleeping bag liner for the huts for sanitary reasons (lightest is silk, weighing less than ½ pound). Wool covers or duvets are provided by the huts
- Light hut slippers (optional). Some huts provide a limited selection of slippers.
- Light stuff sacs or zip lock bags to keep your backpack organized (optional)
- Small towel
- Alpine Club card (if you happen to be a member)

4. Other Items

- Rain cover for backpack (unless already built into backpack) Otherwise bring a big plastic (garbage) bag as an inside liner for your backpack or pack everything that needs to stay dry in plastic zip-lock bags.
- Spare underwear, socks
- Toiletries
- Clothing and shoes for hotels / B&B in the evening
- Sun glasses (with good UV protection)
- Sun screen and lip protection
- Water bottle, preferably insulated, minimum volume: 1 liter or Camelback
- Light head lamp or torch
- 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) insurance documents
- Zip-lock bag for wallet and other documents to keep them dry (recommended)
- Camera, spare films, batteries (optional)
- Compass, maps and GPS optional

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