

PETER AMANN MOUNTAIN GUIDING

BOX 1495 JASPER ALBERTA CANADA T0E 1E0 780-852-3237



Let's get ready to go!

Please read over the equipment list and details. With a small group like this we will take care of the details prior to hiking in. Please download, read, understand and sign a copy of the [waiver](#).

We certainly hope to climb some peaks during the 5 days! Weather can be unpredictable, and conditions can quickly change.

The Agenda and Meeting place

- We will meet on the first morning in town at the Mountain Rose Family Restaurant at 0800 MST. This is located behind the Esso station at the east end of town, next to the Sawridge Hotel.
- The hike in is about 18km, about 5-6.5 hours in. Mostly on a good trail but some elevation gain near the hut.
- We have then have 3 days to plan for trips in the area. They include: Thunderbolt Peak, Outpost and Memorial Peaks. McDonnell Peak, Paragon Peak. Trips into the Eremite, Fraser pass, Amethyst lakes, Clithroe Peak and meadows, Moat Lake. This list is not all-inclusive.
- We will hike out on the last day.

Who is this trip for?

This is a great introductory trip for the budding mountaineer, or for a strong hiker/scrambler wishing to learn the basic skills of mountaineering, learn some glacier travel, scramble or climb some peaks. It is important that you be of a good fitness level. Prior to the trip we can discuss what you want to do and bring only the technical gear we will need.

Accommodation and Meals

Once we have breakfast in town we will drive to the trailhead.

This is located near the Cavell Hostel, on the Edith Cavell Road.

Meeting time will be 0800, so we can get organized.

We suggest arriving the night before, giving us a call and discussing any last minute details, or getting the gear from us that you will need.

- All huts fees and park fees are prepaid.
- All meals during the trip will be included. Breakfast at the restaurant is not included
- Some group gear will have to be carried, much will be portered.

Hotels are plentiful, a bit quieter this time of year, please book well in advance.

An alternative is staying in a hostel in Jasper, find details at:

<http://www.discoverjasper.com/WheretoStay/Hostels/>

As well you can try some of the home accommodations that are available:

<http://www.stayinjasper.com/>

To reduce the amount of weight you will need to carry, porters will be employed to transport food to the Wates Gibson.

Equipment

The equipment list should be carefully reviewed when packing for the trip.

Please do not hesitate to me if you have any questions at all about your equipment. pamann@incentre.net or 780 8523237

Keep your pack light! There will be some group gear, and as well you will have the technical gear. If in doubt drop me a note, we will get your weight down.

Check that all your equipment is in good working order and fits properly prior to arriving at camp. If you have borrowed or rented gear it is particularly important to invest some time making sure that it is right for you. Be sure you understand *how* your equipment works.

Broken or unsuitable equipment or blisters can potentially ruin your trip!
If you are buying new boots before the trip, you should do some day hiking in them in advance to break them in. Please also bring a repair kit that is specific to your gear.

Participants should be prepared for all types of weather! (Hot sun, rain, snow, etc.) The equipment list should be used as a good guideline. We do however have a "palace" to dry off in at night!

If you require rental equipment here are a few options

Gravity Gear in Jasper: 780 852-3155

Gear up (in Canmore): (403) 678-1636

In Calgary (Uof Calgary) (403) 220-5038 www.ucalgary.ca/opc

Park Passes

You will need a vehicle pass to get into the national parks. This is not included in the trip package. Overnight backcountry passes are required even when using huts. These are included in the cost of the trip.

Map Sheets

We can provide a map of the area as well. (Please request one!)
(This will be a printed one off a computer)

Numerous scale maps of the area are available at the Parks Information Centre.

Equipment List

Clothing

- Mountaineering boots - sturdy, supportive, designed for rock and snow and suitable for attachment of crampons. Leather boots recommended.
- Wool socks (2 pairs)
- Liner socks (2 pairs)
- Synthetic underwear top and bottoms (wicking layer)
- Medium weight sweater layer
- Fleece or other synthetic jacket
- Climbing pants (e.g. Schoeller, wool, or fleece)
- Gore-Tex jacket (or equivalent, i.e. waterproof/breathable outer shell w/ hood)
- Wind and waterproof shell pants (full zip)
- Gaiters (knee height) that fit over your boots
- Warm mitts or gloves with Gore-Tex shells
- Thin glove liners
- Sun hat with neck and ear protection
- Bandana
- Toque (warm hat) or balaclava (suitable for under helmet)
- Clothing and footwear for evenings indoors - lightweight

Personal Equipment

- Overnight Pack - waterproof, durable, and large enough to carry a share of food and group equipment in addition to personal gear (60-80 liters).
- Sleeping bag – a summer weight bag will suffice for this trip
- Headlamp - with spare batteries and bulb
- Water bottle(s) - 1 litre, wide mouth, plastic with tight lid
- Sandwich box, or other container for lunch
- Lighter or matches
- Small personal first aid kit - Band-Aids, Moleskin, medications, tape, etc. (We recommend [compeed](#) type products for blister management!)
- Personal toilet kit
- Sun screen and lip protection with high SPF (greater than 20)
- Sunglasses w/ good UV protection, (bring a spare pair as well)
- Repair kit (extra parts and tools that are specific to your gear)
- Toilet paper (enough to last for 4 days)
- Pocketknife
- Large plastic bag to line pack

Climbing Gear

(Gear is included in the price of the trip. If you have your own bring it. Please let us know what you will need at least a week prior to the course/trip)

This list will be changed if needed depending on what your objectives are for the trip.

- Climbing harness – either sit- or full-body style
- Crampons (pref. mountaineering-style, w/ anti-snow-collecting sole plates) (please fit to boots *prior* to trip)
- Ice axe - approximately 70 cm. (27") length, with wrist loop
- Two locking carabiners - at least one Munter (pear shape)
- Two non-locking carabiners
- One 10ft webbing sling (cut total length = 10ft or 3meters)
- Two Prussik cords - 5 metres (6 yards) long, 7 mm diameter! (Not 6mm)

Optional Equipment

- Collapsible trekking/ski poles for hiking (highly recommended)
- T-shirt / lightweight hut shoes
- Down jacket or vest (highly recommended)
- Earplugs (good for sleeping in noisy huts)
- Camera and film
- Map and compass / Altimeter / GPS
- Reading material/journal/pencil
- Belay/rappel device
- One ice screw, if you have one
- Personal amount of liquor / treats, if desired

We will supply all climbing ropes, group first aid and repair kit.

Renting?

- Please make sure that everything fits and is in good working order.
- Make sure you have worn your boots and they are comfortable.
- There will be no time to change gear on the day of the hike in.
- If you borrow it, find out how it works. Please make sure all your gear works before we are on the trail, there are no shops...

Booking Procedures

All course participants must read and sign a [waiver](#)

Your spot is not confirmed until you have paid! We reserve the right to cancel trips if there are not enough participants, or we can also adjust the price if a private group is interested in booking the trip. Please contact us for these specific details.

All deposits should be prepaid before the start of the course or arrangements should have been made to pay at the meeting place. There are exceptional occasions where it may be difficult to prepay due to time constrictions. Please contact us in advance. In most cases though, your place will not be confirmed unless you have paid the deposit. Courses will be cancelled if there is not a minimum enrolment.

In order that we meet your needs and those of others, we ask you to register at least 3 weeks prior to course commencement date. A deposit of one half the course fee is needed to ensure your place.

Peter Amann Mountain Guiding and Schools
Box 1495
Jasper, Alberta, Canada
TOE 1E0
780-852-3237
pamann@incentre.net