

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](#).

This will be a memorable 3-day trip into the Icefield area.

The Agenda and Meeting place

- We will meet on the first morning in town at the Mountain Rose Family Restaurant. This is located behind the Esso station at the east end of town, next to the Sawridge Hotel. We will meet at 06:30 so we can eat and get going!
- NOTE: We can also plan on meeting at the trailhead, once we **know** we have taken care of all the logistics. The meeting time at the trailhead will be 0900.
- The approximate distance to a camp spot is about 12-14 km. Most of this is flat and walking on moraines, gravel flats and eventually on the ice.
- We have the following 2 days for trips in the area, with an ascent of Mt Castleguard (10'000ft) on one of these days. The 3rd day we can do some exploring towards the meadows, or up to the east onto the Terrace glacier.

Who is this trip for?

Though not really designed for the absolute novice, this trip is to serve as an introduction to some mountaineering, and as a guided trip into a semi remote area. Spectacular vistas wait! For experienced mountaineers it offers a great opportunity to climb a peak that has some great neighbors!

Accommodation and Meals

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

The trailhead is located south of the icefields on the big bend. A pull off is on the right side (if traveling south) just past the hairpin corner on the flats. There is an old bridge crossing the river, with a pull off.

Meeting time will be 0900, 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 meals during the trip will be included. Breakfast at the restaurant is not included
- Some group gear will have to be carried, which includes tents, food, stoves, fuel

Hotels are plentiful, a bit quieter this time of year; as well there are numerous campgrounds near Jasper.

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/>

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 are camping on or near a very large glacier.

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 or sent digitally)

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)

Personal Equipment

- Tents. Supplied. If you have your own talk to us about it.
- Overnight Pack - waterproof, durable, and large enough to carry a share of food and group equipment in addition to personal gear (60-80 liters). A pack cover is recommended as well.
- Sleeping bag – (a 3 season bag going down to -10C would be best)
- A thermarest or ensulite pad
- 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)

- 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 you do this as once 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