



Custom adventures worldwide

Aventures sur mesure autour du monde

Guide:

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Mountain weather is fickle and changes very quickly. Small storms can roll in, accompanied with rapidly dropping temperatures, rain, and even snow. A hot day can turn cold - increasing the risk of dangerous hypothermia for unprepared hikers. With modern fabric technology and planning, it's reasonable to hike in poor weather. The sun at high altitudes is extremely strong and can burn even during cool temperatures. Protecting your skin, top of the head and lips is vital.

There's no such thing as bad weather, just unprepared hikers...

NECESSARY ITEMS

- backpack large enough to carry all the below items - usually minimum 20 litres
- sturdy footwear: ideally covering the ankles for support and to keep out water and rocks
- mid-weight layer jacket: fleece, merino or other synthetic
- waterproof jacket
- sunglasses, sunscreen, lip balm, sun hat
- mask, hand sanitiser, personal blister kit, medications, toilet paper or tissue
- lunch and snacks for a full day of hiking
- bottles or hydration bladder with at least 1-1.5 litres of water

OPTIONAL ITEMS

- adjustable hiking poles - highly recommended for descents
- bandana or similar to protect your neck and face from sun and wind
- lightweight toque (winter hat)
- lightweight gloves
- waterproof pants
- whistle or other signalling device
- camera

WAIVER

As required by our insurance company and the Land Managers, you'll need to complete and sign the ACMG waiver witnessed and countersigned by your guide. You may [review the waiver in advance here](#).