



Alpine Club of Canada Overnight Hut Adventure

BanffLIFE Leader:	403 – 760 - 2423	banfflife@banff.ca
Hut:	Elizabeth Parker Hut	
Hut Elevation:	2,040 m (6,700 ft.)	
Departure:	Meet at 8:00am at Town Hall	
Returning:	Around 6pm (Next day)	
Distance:	12 km (one way)	
Elevation:	440 m (1,450 ft.) Gain to Hut	
Transportation:	12-passenger van	
Equipment:	See Gear List below	
Food:	See List below	

Trip Information

This is an unguided overnight group trip into The Alpine Club of Canada Huts.

www.alpineclubofcanada.ca

We will meet at Town Hall at 8am and drive together to the parking lot of The Lake O’Hara trailhead, which is located on the south side of the Trans-Canada Highway, 12km west of Lake Louise. From there we will hike a 12 km to Elizabeth Parker Hut. Once we are settled at the hut you are welcome to form hiking groups and to head out and enjoy the many hikes in the area.

You are required to purchase some portions of the group dinners for each night and help carry some of the group dinner in your pack, preparing, serving and cleaning up after the group dinner. The dinner will include an appetizer, a soup, a main course, a dessert, and hot drinks.

A Little about Banff

Welcome to Banff National Park! Established in 1885, Banff is Canada’s first and best known national park. It is a part of a UNESCO World Heritage Site that covers 20,000km² of some of the most spectacular and ecologically significant areas in the Canadian Rocky Mountains. From the beginning, Banff National Park has provided inspiration, rejuvenation, and relaxation to millions of people each year. It is a place where residents and visitors can participate in activities that help them understand and respect Canada’s natural and cultural heritage. Banff National Park is truly a sacred and special place where the richness of Canada’s mountain heritage is respected, experienced and celebrated for all time. As new members of the Banff community, you are about to embark on your very own Banff National Park adventure. BanffLIFE is happy to be a part of your adventure and we are looking forward to introducing you to your back yard!



Gear List

Clothing Systems

- Bring lots of warm clothes! You will be outside all day.
- The clothing you use at the ski hill will work well.
- Layering works best! Plan on bringing several thin and medium layers.
- Synthetic fabrics should be chosen if possible, avoid cotton.

Participants need to provide the following:

- **Long underwear** top and bottoms: Wool or synthetic is best.
- **Pants:** Your regular ski or snowboard pants will work well. If you have softshell pants or thinner hard shell pants we often like to use those as well, especially in warmer conditions.
- **Soft shell** or **fleece** jacket: We like a hooded jacket, but it's not absolutely necessary. Insulated parka: A thick insulated parka is great for when you are stopped for a break or having lunch out in the field. Down filled or synthetic materials are both fine.
- **Shell jacket:** A jacket that keeps the wind and wet out. Again, your ski or snowboard jacket should work fine.
- **Hats:** We like having a warm toque and a lighter weight one. Also bring a neck tube or balaclava.
- **Gloves:** Bring warm ski-type gloves. A lightweight pair of gloves should also be brought for warm conditions and/or for walking uphill. If you have mitts bring them too if the weather forecast is for cold conditions.
- **Boots:** Really good hiking boots or hiking shoes

Other Stuff

- **Sleeping bag:** The hut has a wood heater and is usually quite warm so you don't need a heavy sleeping bag
- **Sunglasses,** sun block for your lips
- **Heat packs** for your gloves come in handy
- **Toilet kit** - Toilet paper, hand sanitizer, ear plugs etc.
There are toilets at the hut (**you need your own paper**) but no facilities on the trail! It's best if you avoid defecating out in the field. But if you really need to then have toilet paper and a plastic bag handy. Go at least 60 m away from water sources and well off trail. Toilet paper needs to be packed out in the plastic bag.
- **Small first aid kit:** Band aids, blister kit, headache pills.
- **Backpack:** Bring a pack big enough to fit all this gear and clothing into! You will probably need a pack of at least 50 L capacity.



Clothing for Hut:

Track pants, long underwear (top and bottom clothing), sweaters, socks; any preferred warm clothing

FOOD

You need to provide the following:

- 2 personal breakfast (one to be eaten in the hut before departure)
- 2 days of personal lunches and snacks (to be eaten on the go)
- 1 Group Dinner meal contributions (to be eaten in the hut)

Your group meal contribution

Michelle from BanffLIFE will be contacting you and the other team members and creating a GROUP Dinner, the group dinner must include a meal for your guide and must cater to all food requirements and allergies of the group. You are also required to help with preparing, serving and cleaning up after the group dinner. The dinner will include an appetizer, a soup, a main course, a dessert, and hot drinks. BanffLIFE will assign you to a group, and will advise on any food restrictions prior to the trip.

The hut has stoves, pots, dishes, cutlery, utensils, etc.

Important food planning note please let Michelle know ASAP if you have allergies or if you are a vegetarian.