



Long Route Rock Climbing Gear List

This list is for longer routes in areas such as: Wallface in the Adirondacks; Seneca Rocks, WV; Red Rocks, NV; Eldorado Canyon, CO; etc. For long route rock climbs, you will need to carry certain things with you on the climb, so having a smaller pack that fits those items is very helpful. All technical climbing equipment will be provided by Alpine Endeavors. However if you have your own gear, feel free to bring it.

Equipment:

- Day pack* - large enough to carry all the items listed (2200-3000 cui)
- Small pack to climb with - to carry water, snacks, shoes, shirt, etc
- Camelback hydration system - or similar, great to use while climbing
- Helmet*
- Harness* - with a locking carabiner*, belay device*, and chalk bag*
- Rock Shoes*
- Headlamp - with extra batteries
- Toiletries (medications, sunscreen, bug spray, toilet paper, etc.)
- Sunglasses
- Camera - optional

* Items with an asterisk are available for loan through Alpine Endeavors

Food:

- Lunch - items you can eat on the go (sandwiches, energy bars, etc)
- Water - at least 2 quarts (more in hotter temperatures) in a non-glass container

Clothing:

Wear items that you can move comfortably in and try to layer when possible. During spring and fall, try to stay away from cotton as much as possible and wear clothing made out of synthetic materials. If this is going to be a remote backcountry trip, be sure to wear NO COTTON!

For most trips during the summer season:

- Rain jacket - gore-tex, etc, (bring rain pants for the remote climbs)
- Windshirt
- T-shirt - synthetic or wool (capalene, coolmax, merino, etc.)
- Long-sleeved shirt - to protect you arms from sun and brush
- Pants, not shorts - synthetic (nylon, polyester, etc)
- Approach shoes suitable for trails such as sneakers or hiking boots. Sandals and/or clogs are not recommended. You will be carrying these in your pack while climbing, so consider their weight and bulk in your decision.

For cooler days (Spring or Fall), you can add:

- Long underwear top and bottom (capalene, wool, etc)
- Fleece jacket or sweater
- Hat - fleece or wool
- Gloves

Note: If you wear contact lenses you should bring a pair of glasses as a back up.