



## Rock Climbing Gear List

The gear you bring and the clothing you wear greatly affects your comfort and enjoyment in the outdoors. 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)
- Helmet\*
- Harness\* - with a locking carabiner\*, belay device\*, and chalk bag\*
- Rock shoes\*
- 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.

For most trips during the summer season:

- Windbreaker
- T-shirt - preferably synthetic or wool (capalene, coolmax, merino, etc.)
- Pants or shorts - preferably synthetic (nylon, polyester, etc)
- Footwear suitable for trails (sneakers, hiking boots), sandals and/or clogs are not recommended.

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