



## 4-Day Mountaineering Course Gear List

The gear on this list is required. If you have any questions about this list or the gear on it, please contact our office or your guide for advice. [Mountain Chalet](#) or [Mountain Equipment Recycler](#) here in Colorado Springs are great resources for knowledge and product selection. PPAS also rents most gear (not clothing) on this list.

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### Climbing gear:

- \*Climbing Harness, with releasable and adjustable leg loops.
  - \*Belay device, BD Guide ATC or Petzl Reverso
  - \*3 locking, pear shaped (HMS) carabiners.
  - \*5 non-locking carabiners.
  - \*30' of 5mm or 6mm cord for prusik's, (soft and supple), we will tie prusiks in the field.
  - \*20 cordelette, 6mm.
  - \*Ice Axe w/ leash (60-65cm recommended).
  - \*Crampons (make sure they fit your boots).
  - \*Climbing Helmet.
- \*Included, but please bring your gear if you own them. Let us know what gear you don't own.

### Footwear:

- Approach Shoe, sticky rubber sole shoe for approaches, 4<sup>th</sup> class and easy 5<sup>th</sup> class terrain.
- Climbing shoes. Comfortable all day rock shoes.
- Insulated, stiff mountaineering boot with rigid sole. Plastic double boots may be required for some conditions. Hiking boots are not rigid or warm enough. Please call our office for advice.
- Gaiters (make sure they fit your boots).
- Wool or synthetic socks. No cotton.
- Liner sock. This is a personal preference, not required.
- Snowshoes and ski poles may be necessary. Confirm prior to course.

### Clothing (all to be wool or synthetic):

- Base Layer, long underwear, top and bottoms.
- Insulation Layer, Softshell Pants and Jacket. Fleece is ok if you have hardshell outerlayer.
- Hardshell Pants (full side zip) and Jacket with hood. We will be sliding on snow as part of self-arrest training/review.
- Insulated "puffy" Jacket w/ hood. Down or Synthetic. Make sure it fits over all other layers combined.

### Headwear:

- Synthetic or wool hat, (beanie) must fit under helmet.
- Buff or neck gaiter. I highly recommend buffs for their versatility.
- Ball Cap or Visor, sun protection for your face.
- Glacier glasses, sunglasses with dark lens' and wraparound sun and wind protection.
- Goggles.

### Handwear:

- Liner glove
- Softshell glove, water and wind resistant.
- Waterproof glove or mitt.
- Three pairs of gloves/mitt combo total.

### Other gear:

- ~40L Backpack, make sure your gear fits in pack prior to course day.
- 1L waterbottle (2L max), leak-proof bottle like Nalgene works best. Or bring an insulated thermos with hot drinks! No camelbacks.
- Sunscreen and lipscreen, 30SPF minimum
- Camera
- Snacks, about 1300 calories for the day. Sandwich, candy bars, and trailmix work well, bring what tastes good to you.
- Spare door and ignition key, for groups carpooling.