



AMGA Single Pitch Instructor 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.

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Climbing gear:

- UIAA/CE approved Climbing Helmet
- UIAA/CE approved Climbing Harness with belay loop
- Climbing shoes or approach shoes in which the candidate can climb up to 5.7
- Nut removal tool
- Standard "lead climbing rack" such as, stoppers/nuts, SLCD's, tri-cams, etc.
- Assorted 24" and 48" runners (must have at least one 48" runner)
- 10 or more non-locking carabiners
- 3 or more locking "HMS/Pearbiners"
- 6 or more locking carabiners, (the more, the better)
- Tube-type Belay/rappel device, such as the "Verso", "ATC" or "Pyramid", etc.
- Releasable assisted braking device, such as the Petzl "GriGri" or Trango "Cinch"
- 2 Prusik loops (1m of 6mm Nylon Accessory Cord)
- 2 cordelettes (5m of 7mm Nylon Accessory Cord)
- One 50-60m "single" dynamic rope (9.5-10.5mm) suitable for leading and top roping
- One static or "semi static" (gym line) rope 9-11mm, 30m+, for setting up anchors and fixed lines

Clothing:

- Pants, better than shorts for course. We will be at higher elevations and the temps are typically cooler.
- Insulation layer (top), an extra layer for cool mornings or adverse weather
- Rain jacket

Headwear:

- Ball Cap or Visor, sun protection for your face
- Sunglasses with wraparound sun and wind protection
- Buff (this neck gaiter is optional). I recommend buffs for their versatility year-round

Handwear:

- Belay glove (optional)

Other gear:

- ~35L Backpack, make sure your gear fits in pack prior to course day
- (2) 1L water bottles leak-proof bottle like Nalgene works best. Bladders ok but less appealing.
- Sunscreen, 30SPF minimum
- Lipscreen
- Camera
- Snacks, about 1500 calories for the day. Sandwich, candy bars, and trail mix work well, bring what tastes good to you
- Spare door and ignition key, for groups carpooling