



4-Day Mountaineering Course w/ Rock

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.
- 10' 5mm cord for prusik's, soft and supple cord makes best prusik.
- 20 cordelette, 6mm.
- 120cm nylon sling.
- Ice Axe (55-65cm recommended).
- Crampons, 12 point mountaineering style.
- Climbing Helmet.

Footwear:

- Approach shoe, sticky rubber sole for 4th and easy 5th class terrain.
- Climbing shoe, comfortable all day rock shoes.
- Insulated, stiff mountaineering boot with rigid sole. Nepal Evo is a good example. 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.
- Leather Belay Glove (optional)

Other gear:

- ~40L Backpack, make sure your gear fits in pack prior to trip.
- Trekking pole(s) with snow baskets. (Optional unless we need snow shoes, then required)
- (2) 1L waterbottle, leakproof bottle like Nalgene to be kept inside pack to prevent freezing.
- Sunscreen, lipscreen 30SPF minimum
- Camera
- Snacks, 1300 calories per day. Trail mix, gu, shot blocks, snickers bars, trail bars, gummy bears, beef jerky, cheese.
- Small first aid kit with personal meds, bandages and blister bandages (Blisto-Ban). Don't bring mole-skin unless you already use it.
- Spare door and ignition key, for groups carpooling.