



## Zeb's Arete Alpine Rock Climbing 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.

719-368-9524 [info@pikespeakalpineschool.com](mailto:info@pikespeakalpineschool.com)

### Climbing gear:

- Climbing helmet.
- Climbing harness.
- Approach shoe with sticky climbing rubber. We will climb the route in these so trail runners are not appropriate.
- Climbing shoes, comfortable all day shoes.
- Belay device. (ATC) and belay carabiner.
- Locking carabiners (2), pear shaped is best.
- 120cm nylon sling.
- Chalk bag

### Clothing:

- Pants, for rock climbing. We will be at higher elevations and the temps are typically cooler. Light softshell are best.
- Insulation layer (top), an extra layer for cool mornings or adverse weather.
- Rain jacket.

### Headwear:

- Sunglasses with wraparound sun and wind protection.
- Beanie stocking cap. Buff is acceptable in place of beanie.
- Buff (neck gaiter, optional). I recommend buffs for their versatility year-round.

### Handwear:

- Light pair of gloves. Leather belay gloves are nice.

### Other gear:

- 10-15L Route Pack. Small route pack for rain-jacket, water.
- 2L Collapsible bladders (ex. HydraPak). 1L of water on route is fine. Nalgene bottles are acceptable but bulky.
- Sunscreen, 30SPF minimum
- Lipscreen
- Camera
- Snacks, about 700 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.