

Crestone Needle Gear List

The gear on this list is <u>required</u>. If you have any questions about this list or the gear on it, please contact our office or your guide for advice. <u>Mountain Chalet</u> or <u>Mountain Equipment Recycler</u> 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 helmet.
- __Climbing harness.
- __Rock Climbing shoes.
- __Belay device. (ATC)
- Locking carabiners (2), pear shaped is best.
- __Chauk bag

Clothing and footwear:

- ___Pants, for rock climbing. Light softshell are best.
- Base Layer, tops. Lightweight short and long sleeve or just long sleeve ok.
- _Insulation layer (top), an extra layer for cool mornings or adverse weather.
- __Rain jacket. Waterporoof, lightweight.
- _Lightweight insulated "puffy" Jacket w/ hood. Down or Synthetic. This is nice for the bivy site at night.
- __Approach shoes. For some early season alpine rock climbs crampon compatible boots may be required.

Headwear:

- __Ball Cap or Visor, sun protection for the hike in and out.
- ___Sunglasses with wraparound sun and wind protection.
- __Beanie stocking cap. Buff is acceptable in place of beanie. (optional is you have a buff)
- ___Buff (neck gaiter, optional). I recommend buffs for their versatility year-round.

Handwear:

_Liner glove

_Leather belay glove may be nice and take the place of liner glove.

Bivy and Other gear:

- ___Trekking pole. I bring one for the approach. 3-section collapsible is best.
- ~25-30L Route pack, for rain jacket, shoes, water bottle and snacks.
- ___2L Collapsible bladders (ex. HydraPak). (2) 1L Nalgene bottles ok but bulky
- ___Headlamp, check batteries.
- ___Sunscreen and lipscreen, 30SPF minimum

Camera

- __Snacks, about 1800 calories for the day. Sandwich, candy bars, and trailmix work well, bring what tastes good to you.
- WagBag for human waste disposal. Blue Bags are ok.
- ___Spare door and ignition key, for groups carpooling.

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