Alpine Rock Climbing 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. 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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<u>Climbing gear:</u>
__Climbing helmet.
__Climbing harness.
__Climbing shoes, comfortable all day shoes for harder routes.
__Belay device. (ATC)
__Locking carabiners (2), pear shaped is best.
__120cm nylon sling.
__Chalk bag
__Crack gloves or tape gloves (for some climbs)

<u>Clothing and footwear:</u>
__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. Rain pants may be required for some climbs and forecasts.
__Approach shoes. For some early season alpine rock climbs crampon compatible boots may be required.

<u>Headwear:</u>
__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.
__Buff (neck gaiter, optional). I recommend buffs for their versatility year-round.
__Headlamp for early morning approaches or emergency.

<u>Handwear:</u>
__Light pair of gloves. Leather belay gloves are nice.

<u>Other gear:</u>
__20-30L Backpack, make sure your gear fits in pack prior to climb. We may climb the route with this pack so make sure it's petit and fits well.
__10-15L Route Pack (if not climbing with 30L pack above). Small route pack for rain-jacket, water and approach shoes. Confirm prior to climb.
__2L Collapsible bladders (ex. HydraPak). (2) 1L Nalgene bottles ok.
__Sunscreen, 30SPF minimum
__Lipscreen
__Camera
__Snacks, about 1300 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.