



Alpine Endeavors, LLC  
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## **ROCK CLIMBING PERSONAL EQUIPMENT LIST**

All technical climbing equipment will be provided by *Alpine Endeavors, LLC*. However if you have your own gear, feel free to bring it.

Items you'll need to have;

### **Pack –**

Large enough to carry all the following items listed below, plus: a helmet, harness, and rock shoes.

### **Water bottle(s) –**

At least two quarts, more in hotter temps, must be a non-glass container.

### **Food-**

Energy bars, sandwiches, snacks, etc. something that can be eaten on the go.

### **Clothing List-**

Appropriate for the season. – wear something to keep you comfortable that you can move comfortably in (no jeans). Layers are a great choice. During spring, fall, and winter try to stay away from cotton as much as possible.

Here are some suggestions, if it's a day trip near the road, cotton will do otherwise keep in mind that "cotton kills". Try to wear clothing made out of synthetic materials. If this is going to be a remote backcountry trip, WEAR NO COTTON!

- T-shirt- preferably a synthetic like coolmax, capilene, bergaline, etc..
- Shorts or pants – preferably nylon/synthetic.
- Rain jacket - gore-tex or comparable material.
- Fleece or sweater - weight dependant on the season, (ie. colder temp = thicker fleece).
- Hat and gloves - depending on the season
- Footwear suitable for trail with aggressive sole (sneakers, hiking boots), sandals or clogs are not recommended.

### **Extra**

- Sunscreen
- Sunglasses
- Bug spray
- Camera and film
- Any personal medications you may need.
- Toiletry items for remote trips