



## Basic Rock Equipment List

### **Pack:**

20-40L should fit all of your equipment on the inside

### **Technical Gear (included):**

Helmet

Rock climbing harness

Belay device w/ dedicated large pear shaped locking carabiner

### **Layers:**

Synthetic base layer or cotton T-shirt\*

Fleece layer - a hood is nice feature

Lightweight rain shell

Synthetic climbing pant

Conditions dependent: Insulating layer (i.e. lightweight puffy)

Conditions dependent: Lightweight soft shell - a helmet compatible hood is good

*\*If you're a really sweaty beast bring a second shirt to replace the one you got sweaty on the approach before starting the climb.*

### **Footwear (included):**

Rock climbing shoes

### **Food/water:**

Sandwich or other solid food for lunch that isn't 100% sugar

Some combination of candy bars, Clif bars, Gu, or fancy organic blocks of dried ambivalence

1 to 2 liters of water in Nalgene bottle with large opening or collapsible bladder

### **Misc:**

Sunscreen, Lip Balm

Hat with brim for sunny approach or beanie if it's on the cooler side

Camera (cell phones get the job done)

Guide will bring rope, rack, extra wag bags, and first aid kit.