



Alpine Rock Equipment List – Bivy

Pack:

- Option 1: 30-40L and should be able to carry a rope in butterfly coil on the outside. This pack will be worn while climbing the route.
- Option 2: 50-70L to carry to the base with an additional pack (carried inside larger pack) 16-25L to be worn while climbing the route.

Upper Body Layers:

- Base layer
- Mid layer - a hood is nice feature, if no hood consider bringing a Buff
- Insulating layer (i.e. lightweight puffy)
- Lightweight soft shell - with helmet compatible hood
- Lightweight hard shell

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

Lower Body Layers:

- Base layer (how thick depends on temps, optional on warm trips)
- 1 - extra pair of socks
- Soft shell climbing pant (avoid hard shells)

Footwear:

- A. Dry conditions: approach shoes
- B. Snowy conditions: mountain boots
 - Piolet
 - Crampons

Technical Gear:

- Helmet
- Rock climbing harness
- Belay device w/ dedicated large pear shaped locking carabiner
- 1 - 120cm sling w/ lightweight locking carabiner
- 1 - large pear shaped locking carabiner
- Gloves – weight depends on temps, need dexterity to belay in, optional if temps are warm: 60deg+
- Optional: Rock climbing shoes
- Optional: chalk bag

Overnight Bivy:

- Sleeping bag w/ compression sack – rating of 0deg to 30deg depending on temps
- Sleeping pad - inflatables like the NeoAir give max comfort per unit weight, nice if paired with a z-rest
- Bivy Sack or tent
- Camp mug + spoon

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
- Instant dinner requiring only hot water (freeze dried backpacker meal)
- Instant oatmeal
- Selection of instant coffee, teas, hot cocoa
- 1 - One liter nalgene bottle with large opening
- 1 - One liter collapsible bottle
- Stove + fuel – consider a Jetboil or MSR Reactor
- Optional: Steripen or other water treatment option

Miscellaneous:

- Headlamp
- Sunglasses / Sunscreen / Lip Balm
- First aid kit
- Hat with brim for approach
- Beanie if it's on the cooler side
- 2 - Wag Bag w/ extra wet wipes
- Camera (cell phones get the job done - no DSLR unless you're a professional selling photos of us)
- Optional: Map, compass, GPS
- Optional: Trekking pole - do not bring if it is an "up and over" climb

Guide will bring rope, rack, first aid kit, stove, and Steripen.