



General Via Ferrata Gear List

Pack:

A 15-30L pack of most any kind is sufficient. Smaller is better.

Technical Gear: (included with you reservation)

Helmet

Rock climbing harness

Energy absorbing lanyard

Layers:

Synthetic base layer or cotton T-shirt

Fleece layer - a hood is nice feature

Lightweight rain shell

Synthetic climbing pant or shorts

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

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

Footwear:

Closed toe shoes. Approach shoes are great as well as running 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

Optional: Leather gloves that fit well

Optional: Camera (cell phones get the job done)

Guide will bring rope and first aid kit.