



**ROCK CLIMBING AT CASTLE CRAGS
EQUIPMENT LIST**

We list both state-of-the-art climbing clothing and accessories as well as simple alternative items. On our beginning courses, you may "come as you are". We'll be happy to get you started.

PERSONAL GEAR

T-shirt, merino wool or capilene
Climbing shorts
Shirt or zip T-neck, for sun protection or merino wool or capilene during cool periods
Climbing pants
Socks, light weight
Sun hat
Warm hat and light gloves (for cool conditions)
Light puff, fleece or wool sweater (for cool conditions)
Wind breaker or light rain jacket
Climbing pack (30 liter) or day pack
2, 1-liter water bottles (full)
Sunglasses
Sunscreen (30 SPF or greater)
Camera (optional)
Approach shoes (sticky rubber type or running shoes)
Rock climbing shoes
Climbing harness and helmet provided (Reservation necessary)

PERSONAL CLIMBING EQUIPMENT

If you already own a climbing harness, climbing helmet, chalk bag, gear sling, prussik loop, belay/rappel device, nut cleaning tool, you are welcome to bring them, however, they are not required and will be provided if necessary.

FOOD

Bring snack lunch food for the day.

Locking screw-gate carabiner
Rappel/belay device
Nut cleaning tool
Chalk bag, chalk
(These last four items can be provided by your guide in necessary)

Alpine Skills International

11400 Donner Pass Rd.
Truckee, CA 96161
www.alpineskills.com
asi@alpineskills.com
530-582-9170 office 530-582-9175 fax