



**AMGA SINGLE PITCH INSTRUCTOR COURSE
EQUIPMENT LIST**

PERSONAL GEAR

T-shirts
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)
1-liter water bottle (full)
Sunglasses
Sunscreen (50+ SPF)
Camera (optional)
Notebook (*Rite In The Rain* Fieldbook recommended) and mechanical pencil

CLIMBING EQUIPMENT

UIAA/CE approved Climbing Helmet
UIAA/CE approved Climbing Harness **with belay loop**
Climbing shoes or approach shoes in which you can climb up to 5.7
Standard "lead climbing rack" such as, stoppers/nuts, SLCD's, tri-cams, etc.
Assorted 24" and 48" runners (must have one 48" runner)
10 *or more* non-locking carabiners
3 *or more* "HMS/Pearbiners"
6 *or more* locking carabiners, (the more, the better)
Belay/rappel device, such as the "Reverso", "ATC", etc.
Releasable assisted braking device, such as the Petzl "GriGri" or Trango "Cinch" belay devices
2 Prussik loops (1m of 5mm Nylon Accessory Cord)
2 cordelettes (5m of 7mm Nylon Accessory Cord)
One 50-60m "single" rope (9.5-10.5mm) suitable for leading and top roping
One static *or* "semi static" (gym line) rope 10-11mm, 30m+, for setting up anchors and fixed lines

All gear will be inspected on the first morning of the course and is expected to be in good condition. Mark all of your gear!

FOOD

Bring snacks and lunch for all days.

CAMPING EQUIPMENT

For nearby car camping, if needed.