



## **INTRO TO ROCK CLIMBING 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

Climbing shorts or loose fitting or stretch shorts

Shirt or zip T-neck, for sun protection or merino wool or capilene during cool periods

Climbing pants or loose fitting light pant

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

1-liter water bottle (full)

Sunglasses

Sunscreen (30 SPF or greater)

Camera (optional)

Approach shoes (sticky rubber type or running shoes), closed toe preferred

Rock climbing shoes (Included with course, reservations with street shoe size required)

Climbing harness and helmet provided (no 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.

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