



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 (50+ SPF)
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.