



**THE NEXT MOVE  
EQUIPMENT LIST**

**PERSONAL GEAR**

T-shirt  
Loose fitting or stretch shorts  
Shirt or turtleneck  
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  
Day pack  
1-liter water bottle (full)  
Sunglasses  
Sunscreen (30 SPF or greater)  
Camera (optional)  
Approach shoes (sticky rubber type or running shoes)  
Rock climbing shoes (*Rentals available, reservations required*)  
Climbing harness (*Rentals available, reservations required*)  
Climbing 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.

**Alpine Skills International**

11400 Donner Pass Rd.

Truckee, CA 96161

[www.alpineskills.com](http://www.alpineskills.com)

[asi@alpineskills.com](mailto:asi@alpineskills.com)

530-582-9170 office 530-582-9175 fax