



EQUIPMENT LIST FOR ALPINE ROCK CLIMBS:

Please make sure you bring all the items on the equipment list. We have selected these items with great care to give everyone the best chance of staying dry and warm. The weather can be stormy at any time of year. Please call us if you have any questions.

CLOTHING:

Light or medium weight long underwear top-polypropylene or capilene
Light or medium weight long underwear bottoms-polypropylene or capilene
T-shirt
Fleece or Schoeller jacket
Waterproof/breathable (Gore-tex or equivalent shell jacket with hood)
Lightweight Nylon or Schoeller hiking pants
Shorts
Fleece or Wool Hat
Sun Visor or Ball Cap
1 pair of light gloves for colder weather

PERSONAL GEAR:

2 1 liter water bottles
Sun block & lip crème (SPF 15 or more)
Toilet paper
Sunglasses
Climbing Pack no larger than 35 liters
Lunch and Snacks for the day
Approach shoes or lightweight hikers

TECHNICAL CLIMBING GEAR:

Rock climbing shoes (provided by TMG)
Climbing harness (provided by TMG)
Helmet (provided by TMG)