



EQUIPMENT LIST FOR ROCK CLIMBING:

Please call if you have any questions about the gear or clothing requirements.

CLOTHING:

T-shirt

Polar fleece jacket or wool sweater (for spring and fall)

Gore-Tex or coated nylon shell/rain jacket (for spring and fall)

Hiking shorts or athletic shorts

Loose fitting pants – blue jeans are not recommended

Polar fleece or wool gloves (for spring and late fall)

Polar fleece or wool hat (for spring and late fall)

Down or other warm jacket (late fall through early spring)

Tennis shoes or lightweight hiking shoes

PERSONAL GEAR:

Day pack

Two or three 1 qt. water bottles

Lunch and Snacks for each climbing day.

Sun hat

Sunglasses

Sun block & lip crème, SPF 15 or better

Camera (optional)

TECHNICAL CLIMBING GEAR:

Rock climbing shoes (provided by TMG)

Climbing harness (provided by TMG)

Helmet (provided by TMG)