

Alpine Rock Climbing

Equipment List

The equipment and clothing you bring will have a big impact on the quality of your trip. Ensure to bring all items listed except for items that are listed as optional (either are luxuries or your guide will be carrying for you both). If you have any questions about anything please contact us. Some items* are available for rental.

Day trip equipment check list:

- Helmet*, harness*, rock climbing shoes*
- 2 locking carabanners*
- 1 belay device*
- Crampons & ice axe* (depending on objectives and conditions)
- Light mountaineering boots (on some climbs approach shoes may be appropriate)
- Cool weather clothing (fleece jacket, long johns, warm hat & thin gloves)
- Clothing allowing for easy and complete range of motion
- Rain/wind shell
- Rain/wind pants
- Sunglasses & Ball Cap
- Sun screen, lip cream (UVA/UVB protection with minimum SPF 30)
- Lunch, snacks
- 1 L. water bottle
- Writing & reading material (optional)
- Headlamp (with fresh batteries and a set of extra ones)
- Camera, batteries (optional)
- Pocket knife (one, can be the same one you use for eating, i.e. Swiss army knife)
- A little bit of toilet paper
- Blister kit (a small amount of moleskin, second skin and/or duct tape)
- Daypack (30 to 40 liters. For clothing, lunch, personal and group climbing gear)
- Trekking Poles* (1 to 2 collapsible poles)

Overnight trips equipment check list:

***Note:** for overnight trips you will need all items listed for day trips plus these ones

- Overnight Backpack (We recommend a 55-60 Litre pack for this trip. It has to be big enough to fit all extra clothing, sleeping bag, food, overnight equipment (tent, stove, etc.), and alpine rock climbing gear. Side compression straps are very useful to bring the size of your pack down for the day trips where we will be carrying less equipment. Also, you may want to consider carrying an extra small (20-30ltr pack) easily compressible day pack for the day trips from our base camp or the hut.)
- Sleeping Bag (For hut trips in summer we suggest a bag rated to 0 Celsius (32 F.). For camp based we suggest one rated to -7 Celsius (about 20 F.). Make sure you bring a stuff sac that will reduce your bag to its minimum size (i.e. one with compression straps) so you don't use up all the room in your pack. Down sleeping

bags are more susceptible to getting wet but much lighter and they pack smaller too. Synthetic ones are easier to keep dry; they are heavier and bulkier though.)

- Insulating sleeping pad (1, light weight thermarest work best)
- Plate & cup (there are many lightweight/compressible options)
- Spoon (aluminum or plastic, the “spork” works well)
- First Aid kit (band-aids, ibuprofen & Aspirin/Tylenol is enough, the guides will have a complete kit)
- Lighter
- Toiletry (Small toothbrush, small amount of tooth paste, contacts or prescription lenses, prescription drugs, pads, a small cloth to wash, etc)

*Tent programs may vary slightly regarding requiring additional personal camp gear (shared tent) and cooking items (stove, pots, fuel) and meals please contact us to discuss.

Clothing

On overnight trips, temperatures can vary widely as they can increase from below freezing overnight to +25C on sunny days. For clothing use the ‘layer system’. Light technical clothing that doesn’t take much space in your backpack and dries quickly if sweaty or wet. We suggest layers of light, easily carried clothing that allow for fast and easy adjustment to best suit changing temperature conditions. Synthetic (pile, polypropylene, Capilene, etc.) or smart wool clothing is optimal in the mountain environment. We discourage cotton clothing as it causes rapid heat loss when wet. This list covers items needed for all likely conditions during the mountaineering season:

- Long underwear (top and bottom 2 of each, thin polypro or smart wool)
- Wool/Synthetic blend socks (1 to 2 pairs)
- Mountaineering pants (1 pair for our daily activities, a scholler/stretch/ wind stopper blend with reinforced nylon knees and bottoms works best)
- Lightweight shirt and/or T-shirt (1 of each)
- Long sleeves shirt (with zip-neck, wind stopper fleece/nylon combo is best)
- Fleece jacket (1, medium weight)
- Heavyweight fleece /small down jacket (1 for cold weather, night-time/emergency)
- Outer Jacket (1, thin waterproof/windproof with hood, i.e. Gore-Tex)
- Outer pants (1 pair, thin waterproof/windproof and preferably with side zips)
- Warm pants (very thin: insulated/fleece, optional for very cool conditions)

For your safety, the guide carries the following:

- SAT phone and/or VHF
- Complete first-aid kit & Repair kit
- Complete crevasse rescue gear
- All maps of the area
- GPS, compass and altimeter