



Joe Stock ♦ IFMGA Mountain Guide

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## Rock Climbing Gear List

### 1) For First Time Rock Climbers

#### Stuff you must bring

- Shoes for hiking in
- Rock shoes
- Backpack
- Waterproof Jacket
- Insulated Jacket
- Lunch
- Drink

#### Gear Joe will bring

- Harnesses
- Carabiners
- Belay Devices
- Rope
- Emergency: Shelter, First Aid, Communication

### 2) Personal Gear

- Backpack.** 35-60 liters. Joe's choice: BD Creek 50, Patagonia Cragsmith Pack 45L.
- Sun Glasses.** Joe's choice: Julbo Dirt.
- Sunscreen.** small 1 oz tube. Joe's choice: Grocery store sample size.
- Lip Sunscreen.** SPF 30 or better. Joe's choice: Dermatone Z-cote Lips n Face.
- Headlamp.** Bring extra batteries. Joe's choice: Petzl Tikka.
- Water Bottle.** Joe's choice: Nalgene 32 oz Ultralite Wide-Mouth Water Bottle.
- Lunch Food.** Joe's choice: leftovers, sandwiches and fruit.
- Camera.** Optional. Your phone will work.



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### 3) Clothing

\_\_\_ **Approach Shoes.** Any solid footwear. Joe's choice: Sportiva TX3, Scarpa Crux.

\_\_\_ **Socks.**

\_\_\_ **Warm Hat.**

\_\_\_ **Sun Hat.**

\_\_\_ **Hardshell Jacket.** To stop wind, snow and rain. Since this is a shell, and not an insulating layer, get the lightest option. Joe's choice: Patagonia Super Cell Jacket, BD Liquid Point.

\_\_\_ **Insulated Jacket.** With hood. Joe's choice: Patagonia Hyper Puff Hoody.

\_\_\_ **Softshell Jacket.** Joe's choice: Patagonia Simple Guide Jacket, BD Alpine Start Hoody.

\_\_\_ **Lightweight Base Layer.** Hoody sunshirts are nice. Joe's choice: BD Alpenglows Hoody, Patagonia Sunshade Technical Hoody.

\_\_\_ **Hardshell Pants.** To stop wind, snow and rain. Lightweight with full-length side zips. Joe's choice: Patagonia Rain Shadow Pants, BD Liquid Point Pants.

\_\_\_ **Soft Shell Pants.** Joe's choice: Patagonia Alpine Guide Pants, BD Alpine Softshell Pants.

\_\_\_ **Belt.** Joe's choice: Patagonia Friction Belt.



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### 4) Climbing Gear

\_\_\_ **Harness.** With belay loop and gear loops. Joe's choice: BD Solution, Petzl Hirundos.

\_\_\_ **Climbing Helmet.** Joe's choice: BD Vector Helmet, Petzl Sirocco.

\_\_\_ **5 Locking Biners.** Munter (pear-shaped) biners. Joe's choice: Petzl Attache, BD Vapor Lock Screwgate.

\_\_\_ **5 Non-Locking Biners.** Light, wire-gate preferred. Joe's choice: BD Oz, Petzl Angle L

\_\_\_ **1 x Cordelette.\*** Six-meter (20 feet) length of 6mm accessory cord.

\* If you don't have prusiks or cordelette, then bring 50 feet of 6mm accessory cord and we'll cut it to length. Opt for the most supple cord you can find.

\_\_\_ **Belay Device.** Joe's choice: Petzl Reverso 4, BD ATC Guide.

\_\_\_ **1 x 120cm Sewn Runner.** Nylon preferred. This will be your rappel extension.

\_\_\_ **Belay Gloves.** Recommended. Joe's choice: Petzl Cordex Glove, BD Crag Glove.