

OFFICE
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ROCK CLIMBING IN BOULDER, CO EQUIPMENT & CLOTHING LIST

All of the items listed below are required for a safe and enjoyable experience. Climbing equipment including harness, helmet, carabiners, and belay device will be provided free of charge for those who do not have their own. Climbing shoes can be rented from Neptune Mountaineering in Boulder for \$10.00/day.

If you have any questions as you are selecting your equipment and clothing please feel free to contact us at 970-325-7342 or info@peakmountainguides.com.

CLIMBING EQUIPMENT

Harness - A padded harness with gear loops works best. Adjustable leg loops are nice for adjusting fit to different layers. Models made by Petzl are excellent.

Climbing Helmet - Must be CE certified and designed for climbing. Models such as the Petzl Elios and Meteor are excellent.

Locking Carabiners - You will use two during your program.

Non Locking Carabiners - You will use two during your program.

Belay device - A tube style device such as the Petzl Verso works well.

Sticky Rubber Rock Shoes - If you are bringing your own make sure they fit comfortably. For a comfort fit your toes should be flat in the shoes (not curled). Climbing shoes can be rented from Neptune Mountaineering in Boulder for \$10.00/day.

CLOTHING

Hiking Boots or Lightweight Approach Shoes - Lightweight boots, sneakers, or sticky rubber approach shoes. Will be worn on approaches to the climbing areas. We highly recommend SCARPA approach shoes.

Socks - Wool or synthetic socks are most comfortable. Bring two pair.

Lightweight Shorts - May be worn if it is very warm.

Long Pants - Synthetic pants made of water resistant/breathable softshell materials are very good for managing moisture and shedding wind. We do most of our climbing in long pants because they provide good protection from abrasion and sun.

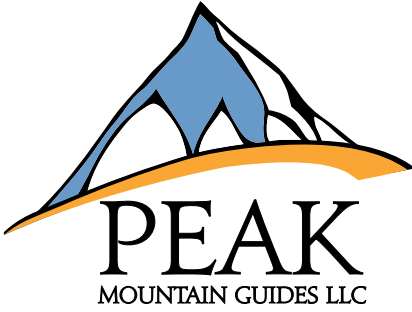
Synthetic T-Shirt - Will be worn as your lightest layer in warm temperatures. Light colors absorb less heat on sunny days.

Insulating Top - Midweight fleece or wool top worn for warmth.

Lightweight Shell Jacket - For rain & wind. Can be made of softshell material such as Schoeller or hardshell material such as Gore-Tex. Choose a model that has a hood.

Warm Hat - Synthetic or wool.

Sun Hat - Baseball cap or similar to keep the sun out of your eyes.



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MISCELLANEOUS

Backpack - 25-30 liters capacity. Will be used to transport climbing gear, food, water, and clothing to the climbs each day. Black Diamond makes great rock climbing packs.

Sunglasses - Must block 100% UVA/UVB.

Sunscreen & Lip Balm - SPF 30 or greater.

Water bottles or hydration system - 2 liters capacity is best.

Food - lunch and snack foods for each day.

Personal Medications - Prescription medications, ibuprofen, small package of moleskin for blisters, etc.

Camera & extra memory card (optional)

Insect Repellent (optional)