

**OFFICE**

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## **INTRO TO ALPINE CLIMBING COURSE**

### **EQUIPMENT & CLOTHING LIST**

All of the items listed below are required for a safe and enjoyable experience. Climbing gear including ice axe, crampons, harness, helmet, carabiners, belay device, and climbing shoes will be provided free of charge for those who don't have their own.

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](mailto:info@peakmountainguides.com).

### **CLOTHING**

**Climbing Boots** – Plastic or leather boots that are insulated for temperatures as low as 15 degrees Fahrenheit. Plastic boots have removable liners so they are easier to dry than leather but leather boots tend to be much more comfortable for walking. Whichever style you choose please make sure they are designed for mountaineering and are well broken in before your course.

**Gaiters** – To keep snow and debris out of your boots. Outdoor Research Crocodiles are a good model.

**Socks** – Made of wool or synthetic materials. Bring two pair. Some people like to add a thin liner sock to reduce friction or to snug up loose fitting boots.

**Synthetic Underwear** - briefs/boxers and sports bra made of synthetic material.

**Long Underwear Bottoms** – Midweight synthetic or wool underwear for moisture management and warmth.

**Climbing Pants (optional)** – Lightweight softshell pants offer excellent breathability and freedom of movement while still providing protection from light precipitation and wind. At Peak Mountain Guides we do most of our climbing in this style of pant. The Patagonia Guide Pants are a good model.

**Shell Pants** – For rain, snow, and wind. Gore-tex or similar waterproof/breathable fabric is recommended. They should have zips so they can be put on/taken off with boots and crampons on.

**Long Underwear Top** – Midweight synthetic or wool underwear for moisture management and warmth.

**Second Warm Top** – Expedition weight fleece top for warmth.

**Insulating Jacket** – Light synthetic jacket, fleece jacket, or light down jacket.

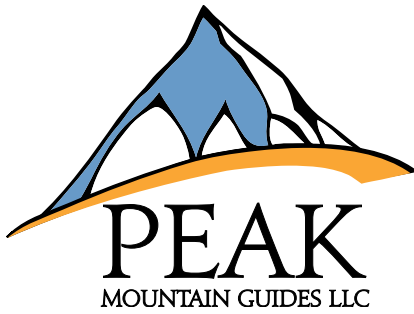
**Shell jacket** – For rain, snow, and wind. Gore-tex or similar waterproof/breathable fabric is recommended.

**Light Gloves** – A lightweight glove for temperatures around and above 32 degrees. Most of the climbing will be done in these gloves.

**Heavy Gloves** – A warm glove for climbing in the predawn hours. Must be warm in temperatures around 15 degrees. A “modular” design is best, where the liners are removable for drying. The Black Diamond Guide Gloves and Prodigy Gloves are good.

**Warm Hat** – Synthetic or wool.

**Sun Hat** – Baseball cap or similar design to keep sun off the face.



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## **CLIMBING GEAR (PROVIDED FREE OF CHARGE)**

**Ice Axe** – Designed for mountaineering with a classic pick. 60 – 70 cm in length. The Petzl Summit and Snowwalker are excellent mountaineering axes.

**Crampons** – May be hinged or rigid, but models with horizontal front points and anti-balling plates work best. Models such as the Petzl Vasak are good. If you bring your own make sure they are adjusted for your boots before arriving in Colorado.

**Harness** – A lightweight model with gear loops. The harness should fit over your climbing clothing (adjustable leg loops help with this). Padding is optional.

**Sticky Rubber Rock Climbing Shoes** - These should be comfortable enough to wear all day.

**Carabiners** – Two locking and two non-locking.

**Belay Device** - Lightweight models like the Petzl Verso are good.

**Climbing Helmet** – Must be CE certified for technical climbing.

## **CAMPING GEAR**

**Backpack** – Around 3200 cubic inches capacity is typically sufficient. It is important to try on different packs at a store to find the best fit. Look for simple, clean designs that don't have lots of frills or gadgets. When sizing your pack, please keep in mind that you may be asked to carry some group gear in addition to your personal gear.

**Sleeping Bag** – Down or synthetic. Should be rated for temperatures around 15 degrees Fahrenheit.

**Compression Stuff Sack** - To make your sleeping bag as packable as possible.

**Sleeping Pad** – Full length closed cell foam or inflatable pad. Z-Rest closed cell foam or Thermarest Prolite 3 inflatable models are good. If you bring an inflatable pad be sure to bring a small repair kit.

**Mug & Spoon** – Plastic insulated mug with 12 -20 oz. capacity and a plastic spoon

**Stove Fuel** - Fuel is available for purchase from Peak Mountain Guides so you do not have to travel with it on the plane.

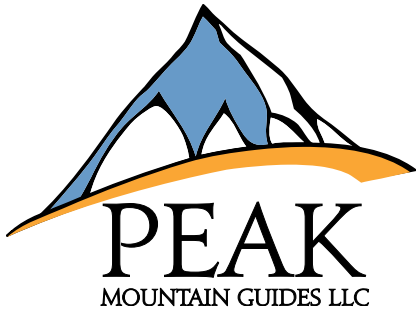
### **The following camping items are provided free of charge:**

**Tent** - A four season tent designed for inclement weather is best for multi-day trips in the alpine. Models made by Marmot, Black Diamond, or Mountain Hardwear are good.

**Stove** – Lightweight white gas models work best in a variety of conditions. The MSR Whisperlite is a good model. Canister stoves such as the Jetboil are lightweight and convenient but they can be tricky to operate in below-freezing conditions.

**Fuel Bottles** – We will provide MSR white gas fuel bottles. Fuel is available for purchase from Peak Mountain Guides so you do not have to travel with it on the plane.

**Cooking Pot** – 1 – 2 liter capacity is typically sufficient. Titanium models made by Evernew are the lightest available.



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## MISCELLANEOUS

**Trekking Pole(s)** – Very useful for stream crossings, ascents and descents. One pole is typically sufficient and it saves weight versus carrying two poles.

**Water Bottles** – Must have 2 liters of capacity total. Hydration bags are fine, but bring at least 1 water bottle in case the hydration bag breaks.

**Water Purification** – Bring 1 bottle of iodine tablets such as Potable Aqua or chlorine dioxide tablets such as Aquamira. We prefer iodine tablets because they purify 1 liter of water in about 30 minutes vs. about 4 hours for chlorine dioxide. However, iodine is not as effective at killing all possible microorganisms such as cryptosporidium. Many hikers, backpackers, and climbers use iodine tablets because of their convenience and reasonable margin of protection in most circumstances. Some choose chlorine dioxide because it offers the greatest protection from all microorganisms. In either case, chemical purification tablets are preferable to filter pumps. Filter pumps tend to clog quickly due to high levels of silt in the water and they are heavy to carry.

**Headlamp** – With extra batteries. Lightweight LED models are good.

**Pocket Knife** – Leatherman or Swiss Army models are good.

**Wrist Watch or Altimeter Watch with Alarm** - Suunto models are great.

**Ear Plugs** - For sleeping in windy conditions or at noisy group camps.

**Repair Kit** – Duct tape, small pack of adhesive patches, etc.

**Garbage Bags** – Two or three large, plastic garbage bags. On a rainy day you can pack your gear in the garbage bags to keep everything dry.

**Glacier Glasses** – Must block at least 90% of visible light and have side shields. The Julbo models are very good.

**Extra Sunglasses** – Can be a regular plastic frame pair.

**Sunscreen and Lip Protection** – With an SPF of 30 or greater.

**Insect Repellent (optional)** – A small bottle can be useful at camp.

**Ziplock bag** - Please bring 1 one-gallon zip lock bag as a trash receptacle.

**Personal Toiletries and Medications**– Contact lens care materials, eye glasses, personal medications, ibuprofen, small package of mole skin for blisters, hand sanitizer, small package of baby wipes. Toilet paper is optional, but if you choose to bring it also bring 1 extra ziplock bag for packing it out to the car.

**Camera, battery charger, & extra memory card** - Optional.

**Butane Lighter** - Airlines may not allow this item. It can be purchased in Colorado.

**Food** – See the meal planning document for suggestions.