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SAN JUAN SUMMIT CLIMBS

CLOTHING & EQUIPMENT LIST FOR ONE DAY CLIMBS

All of the items listed below are required for a safe and enjoyable experience. 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.

CLOTHING

Lightweight Hiking Boots or Sturdy Sneakers – These should offer comfort and support for hiking on and off trails. If you are climbing a route with snow/ice, please make sure you have boots that will accommodate crampons. Boots for snow/ice routes are available for rent from our shop.

Socks – Made of wool or synthetic materials.

Long Underwear Bottoms - May be worn if the forecast is calling for cold temps.

Long Pants – Lightweight synthetic hiking/climbing pants are best.

Shell Pants – For protection from rain, snow, & wind.

T-Shirt or Long Underwear Top – Synthetic fabrics are recommended.

Insulating Layer – Fleece jacket, light down jacket, or synthetic sweater for warmth.

Shell jacket – For protection from rain, snow, & wind.

Warm Hat – Synthetic or wool.

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

Light Gloves - To keep your hands warm on cold days.

PERSONAL EQUIPMENT

Daypack – 20-25 liters capacity is typically sufficient.

Headlamp – A small, lightweight headlamp for pre-dawn starts.

Trekking Poles (optional) – Very useful for stream crossings, ascents and descents.

Water Bottles – Must have at least 2 liters of capacity.

Dark Sunglasses – Should block 100% UVA & UVB

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

Personal Items & Medications – Contact lens care materials, eye glasses, personal medications, ibuprofen, small package of mole skin for blisters, etc.

CLIMBING GEAR (PROVIDED FREE OF CHARGE)

Any climbing gear that is required such as ice axe, crampons, harness, helmet, carabiners, belay device, and climbing shoes will be provided free of charge.