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## **OURAY ROCK CLIMBING**

### **EQUIPMENT & CLOTHING LIST**

All of the items listed below are required for a safe and enjoyable experience. Climbing equipment including harness, helmet, carabiners, belay device, and rock climbing shoes are provided free of charge for those who do not 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**

**Pants or Shorts** - Either pants or shorts can be worn for rock climbing. Just choose something that will allow you to move comfortably and that will match the weather conditions for the day.

**T-Shirt** - A lightweight t-shirt is nice for warm days.

**Sweatshirt or Fleece** - It is a good idea to have a sweatshirt or a fleece for extra warmth during cool mornings or evenings.

**Rain Jacket** - If the weather forecast is calling for a chance of rain (common in the afternoon during July and August) please bring a light rain jacket with you.

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

### **MISCELLANEOUS**

**Backpack** - 15-20 liters capacity. Will be used to transport climbing gear, food, water and clothing to the climb.

**Sunglasses** - We have lots of sunny days in Ouray!

**Sunscreen & Lip Balm** - SPF 30 or greater for adequate protection in the mountains.

**Water bottles or hydration system** - 2 liters capacity is sufficient for most people.

**Food** - lunch and/or snack foods for the day.

**Personal Medications** - Prescription medications, ibuprofen, mole skin, etc.

**Camera (optional but recommended!)**

**Insect Repellent (optional)**