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## **ROCK CLIMBING & RAFTING PROGRAM**

### **EQUIPMENT & CLOTHING LIST**

All of the items listed below are required for a safe and enjoyable experience. Climbing and rafting equipment including harness, helmet, carabiners, belay device, rock climbing shoes, and Personal Flotation Device (PFD) will be 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**

*\*Please note: Synthetic or wool clothing that is lightweight and fast drying is required for the rafting portion of the program. It is acceptable to wear cotton clothing for the rock climbing portion of the program although synthetic or wool clothing is recommended for the most comfort.*

**Pants or Shorts** - Either pants or shorts can be worn for rock climbing and rafting. 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.

**Light Jacket or Fleece** - It is a good idea to have a light jacket or fleece for extra warmth on cool days.

**Rain Jacket & Pants** - A chance of rain is common in the afternoon (especially during July and August) so please bring a rain jacket & pants with you.

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

**Swimming Suit** - For the rafting portion of the day.

**Footwear** - Sneakers, sandals that strap to the feet, or river booties. Please leave your flip-flops and nice, new sneakers at home. Flip-flops are easily lost in river currents and nice, new shoes could get wet and/or dirty.

### **MISCELLANEOUS**

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

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

**Water bottles** - 2 liters capacity is sufficient for most people. Please bring only plastic or metal water bottles (no glass).

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

**Camera, battery charger, & extra memory card (optional)**

**Insect Repellent (optional)**

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