

CLIMBING EQUIPMENT LIST:

Personal Equipment

The following items are required for participating on the climbing trips. Some of these items are available to be borrowed from GRAB (marked with a *.) For suggested equipment vendors, see the back of this page.

Equipment Notes

- 100% cotton clothing such as jeans or sweatshirts are not advised. When cotton gets wet from either water or sweat it becomes very heavy and difficult to dry. This in turn increases the risk of hypothermia.
- Polypropylene is a synthetic material used as a base layer primarily to “Wick” water away from the skin. There are many names to describe this material, such as Bergelene (EMS) or Capilene (Patagonia), but it is commonly referred to as “polypro”.
- The weather conditions vary drastically during the month of August, especially in the backcountry. Please select clothing that you can layer, understanding the evenings can be very cool.
- Travel-size toiletries are great to use because they are compact. Please note that there are no showers in the backcountry, so items such as shampoo, conditioner and body wash are not needed on the trip.
- Harnesses, helmets and shoes are provided for each participant, however, you are more than welcome to bring your own if available.

Equipment Vendors

The following companies sell outdoor clothing and equipment. There are many such companies, but these are a few of our favorites. You may also find good prices and helpful advice at your local outdoor shop.

REI, Inc. (chain retailer) www.rei.com

L.L. Bean (chain retailer) www.llbean.com

Eastern Mountain Sports (chain retailer) www.ems.com

Campmor (discount retailer) www.campmor.com

Sierra Trading Post (liquidator) www.sierratradingpost.com

Summit Hut (online retailer) www.summithut.com

Mountain Gear (online retailer) www.mgear.com

Personal Equipment

Small Backpack	A small backpack for carrying food, water and clothing for a day's hike.
Duffel Bag or Large Backpack	Something to keep all of your clothing in at the campground.
Sleeping Bag*	20 – 40 degree synthetic fill mummy bag. Down-filled bags are not recommended because they insulate poorly when wet.
Sleeping Pad*	A closed-cell foam pad to insulate you and your sleeping bag from the ground.
Hiking Shoes/Boots/Sneakers	Sturdy, comfortable, closed-toe shoes for hiking to the climbing site each day.
Camp Shoes	One pair of light-weight closed-toe shoes to wear in camp and provide protection while cooking.
Underwear/Sports Bra	2-3 pairs; sports bra should be synthetic and not too tight.
Synthetic Socks	3 pairs for hiking and camp.
Synthetic Long Sleeve Top and Underwear Bottoms	One set light/mid-weight made of a synthetic material (such as polypropylene, campilene, bergelene, etc.) No Cotton!
Lightweight Fleece or Wool Sweater	1 mid-weight top, light fleece or wool sweater; should be able to wear this over lighter layers and under heavier ones.

T-shirt	2 T-shirts (synthetic or cotton)
Nylon Shorts	1 pair of quick-drying shorts for hiking and climbing. These should be relatively long so they will fit comfortable under a harness.
Rain/Wind Jacket and Pants*	A waterproof jacket (required) and rain pants (optional). Options include jackets/pants or ponchos in a waterproof breathable (i.e. Gore-Tex) or coated nylon. Should be loose enough to wear over layers.
Fleece Jacket/Vest	1 fleece jacket or vest. Should be large enough to fit over other upper-body layers and under rain shell.
Fleece Pants	1 pair of fleece pants for cool nights in camp. These should fit under wind/rain pants.
Spoon & Tupperware container w/lid (approx. 6" x 6")	Perhaps the most important items of all; the tupperware will be used as your dish in the field. Be sure the lid fits well.
1-quart water bottle	To be sure you stay hydrated while on the trip.
Headlamp or flashlight with batteries	Headlamps work best because they free up your hands for other things, but any source of light will do (as long as it is small and compact).
Trash Bags (2-3) and Ziploc bags (10)	The trash bag is for lining your backpack; 2mm thickness or thicker is best. Compacter bags work well. Zip locks are great for keeping items dry, such as cameras & journals.
Bandana	Optional Equipment:
Sunglasses with tether	Camp Chair (optional)
Toothbrush/Paste/Floss	Compression Stuff Sack (optional)
Lip balm/Sunscreen	Extra Contact Solution (if needed)
Bug Repellent	Extra Glasses (if needed)
Sun Hat (ie, baseball hat)	Feminine Products (if needed)
Wool/Fleece Hat	Medication (if needed)
Pocket Knife	Insulated Mug for Hot Drinks (optional)
	Book/Camera/Film/Cards (optional)