



**LEARN TO FOLLOW MULTI-PITCH
EQUIPMENT LIST**

PERSONAL GEAR

T-shirt
Loose fitting or stretch shorts
Shirt or turtleneck
Loose fitting light pant
Socks, light weight
Sun hat
Warm hat and light gloves (for cool conditions)
Light puff, fleece or wool sweater (for cool conditions)
Wind breaker or light rain jacket
Day pack
1-liter water bottle (full)
Sunglasses
Sunscreen (30 SPF or greater)
Camera (optional)
Approach shoes (sticky rubber type or running shoes)
Rock climbing shoes (*Rentals available, reservations required*)
Climbing harness (*Rentals available, reservations required*)
Climbing helmet provided (*no reservation necessary*)

PERSONAL CLIMBING EQUIPMENT

If you already own a climbing harness, climbing helmet, chalk bag, gear sling, prussik loop, belay/rappel device, nut cleaning tool, you are welcome to bring them, however, they are not required and will be provided if necessary.

FOOD

Bring snack lunch food for the day.