



**LOVER'S LEAP ROCK CLIMBING  
EQUIPMENT LIST**

At Lover's Leap, it's important to be prepared for possible afternoon thundershowers while high on a multi-pitch route. Ideally, it's better to wear layers that can provide "survival potential" if they were to get wet. Depending on the time of year and the weather forecast, you may need to adjust this recommended clothing list.

**PERSONAL GEAR**

T-shirt, merino wool or synthetic  
Climbing shorts or pants  
Light long-sleeve zip T-neck, merino wool or synthetic  
Shirt or turtleneck  
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  
Small climbing pack (20-30 liter)  
1-liter water bottle (full)  
Sunglasses  
Sunscreen (30 SPF or greater)  
Camera (optional)  
Approach shoes (sticky rubber type or running shoes)  
Rock climbing shoes

**PERSONAL CLIMBING EQUIPMENT**

Climbing harness  
Climbing helmet  
Chalk bag, chalk (optional)  
Padded gear sling (wide, over the shoulder, narrow to clip gear at the bottom)  
2 locking screw-gate carabiners (small, pear-shaped for M $\ddot{u}$ nter Hitch is best)  
1 belay/rappel device (ATC, ATC Guide, Reverso or similar)  
1 short prussik loop (6mm x 1-1.2 meter)  
Nut cleaning tool on small non-locking carabiner

If you are missing any of these items, please let the ASI office know in advance and your guide will bring them for you.

**FOOD**

Bring snack lunch food for the day.

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