



## Peak Mountain Guides

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### **COLORADO ROCK CLIMBING**

#### **EQUIPMENT & CLOTHING LIST**

The Colorado Rocky Mountains, home to some of the highest mountains in the lower 48 states, are known throughout the climbing world for incredible rock climbing opportunities in a beautiful alpine setting. Equally appealing, the range maintains a reliable summer climate. During the months of May – September it is not unusual to experience extended periods of beautiful sunny weather. However, being an intermountain range, there is always the potential for afternoon thunderstorms.

Despite such a good outlook for our trip we'll still need to be prepared for serious mountain weather, which could arise at any time. The Colorado Rockies are a high and rugged range so any storm has the potential to test our equipment to the fullest. Morning lows could be in the forties while afternoon highs could be in the nineties. Rain and thundershowers could occur any afternoon. With this potential for such a wide range of temperatures and climates we will need equipment and clothing that is versatile. In addition to being versatile, clothing should be light, warm, dry quickly, and allow you freedom of movement. Typically, a layering approach based on several thin layers of insulation rather than one thick one, with a weather-proof outer shell, works best in changing conditions.

If you have any questions as you are selecting your equipment and clothing please feel free to contact Peak Mountain Guides. We are familiar with many of the products available and have tested many of them in adverse mountain conditions.

#### **CLIMBING EQUIPMENT**

**Harness** - A padded harness with gear loops works best. Adjustable leg loops are nice for adjusting fit to different layers. Models made by Petzl and Black Diamond are good choices.

**Climbing Helmet** - Must be CE certified and designed for climbing.

**Locking Carabiners** - Bring two.

**Non Locking Carabiners** - Bring two.

**Belay device** - A tube style device such as the Black Diamond ATC works well. For multi-pitch climbing a model with auto-locking capability, such as the ATC Guide, is best.

**Sticky Rubber Rock Shoes** - Find a pair that fit comfortably. For most climbing your toes should be flat in the shoes (not curled). If you're seeking a performance fit you may have to give up some comfort in exchange (i.e. your toes may be curled). Models made by Five Ten, Scarpa, and La Sportiva are excellent.

#### **CLOTHING**

**Hiking Boots or Lightweight Approach Shoes** - Lightweight boots, sneakers, or sticky rubber approach shoes. Will be worn on approaches to the crags and backcountry climbing objectives.

**Socks** - Wool or synthetic socks are most comfortable. Bring two pair.

**Lightweight Shorts** - May be worn on approaches or during climbing if it is very warm.



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**Climbing Pants** - Water resistant/breathable softshell models made of Schoeller fabrics (or similar) are very good for managing moisture and shedding wind and light precipitation. The Mont Bell Strider Pants are the best lightweight synthetic pants we have found.

**Synthetic T-Shirt** - Will be worn to wick perspiration and as your lightest layer in warm temperatures. Light colors absorb less heat on sunny days. Patagonia's Capilene 2 T-shirts are very good.

**Insulating Top** - Midweight fleece or wool top worn for warmth. Patagonia's R2 jackets or Capilene 3 tops are very good.

**Lightweight Shell Jacket** - For rain, snow, & wind. Can be made of softshell material such as Schoeller or hardshell material such as Gore-Tex. Choose a model that has a hood. Marmot's Precip Jacket is a nice lightweight and packable model.

**Warm Hat** - Synthetic or wool.

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

### MISCELLANEOUS

**Backpack** - 25-30 liters capacity. Will be used to transport climbing gear, food, water, and clothing to the climbs each day. Black Diamond makes great rock climbing packs.

**Sunglasses** - Must block 100% UVA/UVB.

**Sunscreen** - SPF 30 or greater.

**Lip Balm** - SPF 30 or greater.

**Water bottles or hydration system** - 2 liters capacity is best. Hydration bags are fine but bring at least one water bottle in case the hydration bag breaks.

**Food** - lunch and snack foods for each day.

**Personal Toiletries & Medications** - Prescription medications, ibuprofen, small package of moleskin for blisters, etc.

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

**Insect Repellent (optional)**