

MAIL

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MOAB AND INDIAN CREEK ROCK CLIMBING EQUIPMENT & CLOTHING LIST

All of the items listed below are required for a safe and enjoyable experience. If you have any questions as you are selecting your equipment and clothing please feel free to contact us at 970-318-1011 or info@peakmountainguides.com.

CLIMBING EQUIPMENT - PROVIDED FREE OF CHARGE

Harness - A padded harness with gear loops works best. Adjustable leg loops are nice for adjusting fit to different layers. Models made by Petzl are excellent.

Climbing Helmet - Must be CE certified and designed for climbing. Models made by Petzl are excellent.

Locking Carabiners - You will use two during your program.

Non Locking Carabiners - You will use two during your program.

Belay device - A tube style device such as the Petzl Verso works well.

Sticky Rubber Rock Shoes - If you would like to bring your own find a pair that fit comfortably. For most climbing your toes should be flat in the shoes (not curled). Models made Scarpa are excellent.

CLOTHING

Hiking Boots or Lightweight Approach Shoes - Lightweight boots, sneakers, or sticky rubber approach shoes. Will be worn on approaches to the climbing areas.

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

Lightweight Shorts - May be worn if it is very warm.

Long Pants - Synthetic pants made of water resistant/breathable softshell materials are very good for managing moisture and shedding wind. We do most of our climbing in long pants because they provide good protection from abrasion and sun.

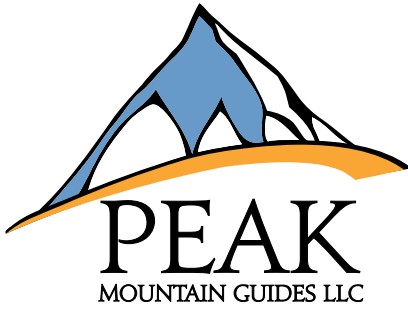
Synthetic T-Shirt - Will be worn as your lightest layer in warm temperatures. Light colors absorb less heat on sunny days.

Insulating Top - Midweight fleece or wool top worn for warmth.

Lightweight Shell Jacket - For rain & wind. Can be made of softshell material such as Schoeller or hardshell material such as Gore-Tex. Choose a model that has a hood.

Warm Hat - Synthetic or wool.

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



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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 & Lip Balm - SPF 30 or greater.

Water bottles or hydration system - 2 liters capacity is best.

Food - lunch and snack foods for each day.

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

Camera & extra memory card (optional)

Insect Repellent (optional)