

MAIL

PO Box 992
Ridgway, CO 81432

PHONE

970-318-1011

FAX

970-626-9940

EMAIL

info@peakmountainguides.com

RED ROCKS CLIMBING

EQUIPMENT & CLOTHING LIST

Red Rocks is known throughout the climbing world for incredible sandstone rock climbing in an awe-inspiring desert setting. Equally appealing, the spring and fall climbing seasons offer reliable weather with warm days and cool nights. During this time, it is not unusual to experience extended periods of beautiful sunny weather with little precipitation.

Despite such a good outlook for the trip you will still need to be prepared for serious stormy weather, which could arise at any time. The deep canyons and high peaks of Red Rocks can be remote and rugged so any storm has the potential to test 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 you 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 - 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.

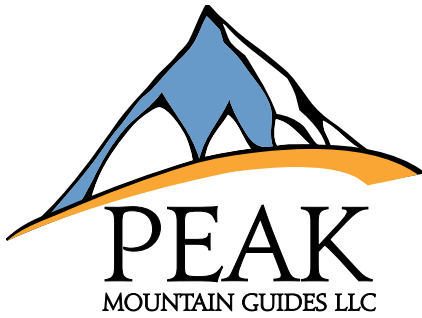
Climbing Helmet - Must be CE certified and designed for climbing. Models made by Petzl are excellent.

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. For multi-pitch climbing a model with auto-locking capability, such as the Petzl Reverso 3, is best.

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). If you're seeking a high performance fit you may have to give up some comfort (i.e. your toes may be curled). Models made by Five Ten, Scarpa, and La Sportiva are excellent.



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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. Sticky rubber approach shoes offer the most security when scrambling and can often be worn on moderate climbs for greater comfort.

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.

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 and Patagonia Guide 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 or Nano Jacket are nice lightweight and packable models.

Warm Hat - Synthetic or wool.

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

MISCELLANEOUS

Backpack - 20-25 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, contact lens solutions, etc.

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

Insect Repellent (optional)