



Rock Self-Rescue Gear List

The gear on this list is required. If you have any questions about this list or the gear on it, please contact our office or your guide for advice. [Mountain Chalet](#) or [Mountain Equipment Recycler](#) here in Colorado Springs are great resources for knowledge and product selection. PPAS also rents most gear (not clothing) on this list.

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Climbing gear:

- Climbing helmet.
- Climbing harness.
- Climbing shoes. Comfortable all day rock shoes.
- Belay device, BD Guide ATC or Petzl Reverso. Bring a Gri Gri if you have one.
- 5 locking (pear shaped) and 6 non-locking carabiners.
- 10' of 5mm cord for prusik's and autoblock (soft and supple), we will tie prusiks in the field.
- (1) 20' (6meters) cordelette, 6mm or 7mm. Supple is best. Do not tie into a loop.
- Nylon slings (1) 60cm, (1) 120cm. (1) 60cm dynema sling (alpine draw)

Footwear:

- Approach Shoes

Clothing:

- Pants, better than shorts for rock rescue. We will be at higher elevations and the temps are typically cooler.
- Insulation layer (top), an extra layer for cool mornings or adverse weather.
- Rain jacket.

Headwear:

- Ball Cap or Visor, sun protection for your face.
- Sunglasses with wraparound sun and wind protection.
- Buff (optional). I recommend buffs for their versatility year-round.

Handwear:

- Belay glove w/ or w/o fingers (optional but nice)
- Softshell gloves for early spring and later autumn courses.

Other gear:

- 25-35L Backpack, make sure your gear fits in pack prior to course day.
- (2) 1L water bottles leak-proof bottle like Nalgene works best. Bladders ok but less appealing.
- Sunscreen, 30SPF minimum
- Lipscreen
- Camera
- Snacks, about 1800 calories for the day. Sandwich, candy bars, and trail mix work well, bring what tastes good to you.
- Spare door and ignition key, for groups carpooling.

- Camping Gear for those staying overnight.