

## Dry-tooling Clinic Gear List

The gear on this list is <u>required</u>. If you have any questions about this list or the gear on it, please contact our office or your guide for advice. <u>Mountain Chalet</u> or <u>Mountain Equipment Recycler</u> 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 Harness, with releasable and adjustable leg loops
- \_\_\_\*Belay device and locking carabiner
- \_\_\*Rock shoes
- \_\_\*Climbing Helmet
- \*Technical ice tools
- \_\_\*Crampons, mono-points best but any will work

\*Included, but please bring your gear if you own them. Let us know what gear you don't own.

## Footwear:

\_\_Insulated, stiff mountaineering boot with rigid sole. Hiking boots are often not rigid or warm enough. If in doubt, please call our office for advice

- \_\_Wool or synthetic socks. No cotton
- \_Liner sock. This is a personal preference, not required

<u>Clothing (all to be wool or synthetic):</u> Dependent on time of year course is offered.

- Base Layer, long underwear, top and bottoms
- \_\_Outer Layer, Softshell Pants and Jacket. Fleece is ok if you have hardshell outerlayer
- \_\_Hardshell Pants (full side zip) and Jacket with hood if you don't have softshell clothing

\_\_Insulated "puffy" Jacket w/ hood. Down or Synthetic. Make sure it fits over all other layers combined. This is nice for belays on cold days

Headwear:

- \_\_\_Synthetic or wool hat, (beanie) must fit under helmet
- Buff or neck gaiter. I highly recommend buffs for their versatility
- \_\_Sunglasses, light tint eye protection is required

## Handwear:

- Liner glove or "mixed" glove. Tight fitting work glove with good dexterity
- \_\_\_Softshell glove, water and wind resistant
- \_\_\_Belay glove (warm glove or mitten)

Other gear:

- \_\_25-35L Backpack, make sure your gear fits in pack prior to clinic day
- \_\_\_\_Themos with hot chocolate or hot tea. You're more likely to drink fluids on a cold day if they are warm.
- \_\_1L waterbottle (2L max), leak-proof bottle like Nalgene works best
- \_\_\_Sunscreen, 30SPF minimum
- \_Lipscreen
- \_\_Camera
- \_\_Snacks, about 1000 calories for the day. Sandwich, candy bars,and trailmix work well, bring what tastes good to you
- \_\_\_Spare door and ignition key, for groups carpooling