

Alpine Rock Day Climbs Equipment list

Because these routes are longer and more committing this gear list is a little different than it would be for a day of cragging. All of the gear we take with us should be well thought out, and as light as possible.

At the start and end of this season you might be glad to have the warm hat and gloves listed below, while in July and August we are usually trying to climb early to avoid the heat.

Northwest Mountain School will provide all of the climbing hardware and ropes. Please feel free to contact us with any gear questions or for current conditions. Items marked with a **(R)** are available to rent from NMS.

Climbing Gear

- Rock Shoes (R):** These should be comfortable all day shoes that still climb well. i.e. La Sportiva Mythos
- Helmet (R):** i.e. Petzl Elios or Meteor III
- Harness (R):** i.e. Petzl Adjama
- Daypack (R):** 20-30 L this should be light and simple. i.e. Cilo Gear 30L Work Sack
- Belay Device:** i.e. Petzl Reverso 4
- 2 Locking Carabiners:** i.e. Petzl Attache Screw-lock
- 1 Double Length Sewn Sling:** i.e. Petzl Fin'anneau 120 cm

Clothing

- T-shirt & Shorts**
- Synthetic Long Underwear Top:** light or mid-weight i.e. Patagonia R1 or Piton Hybrid Hoody
- Wind Jacket:** i.e. Patagonia All Free Jacket or Houdini
- Climbing pants:** Soft shell climbing pant i.e. Patagonia Simul Alpine Pant
- Baseball cap**
- Approach/ Hiking Shoes:** Approach or lightweight hiking or running shoes. i.e. La Sportiva Boulder X

Other Items

- Headlamp (R):** i.e. Petzl Zipka Plus 2
- Sunscreen:** 1 oz tube with high SPF factor (30 or higher)
- Lip Balm w/ sunscreen:** SPF 15 or higher
- 2 - 1 liter water bottles or Hydration System:** A bladder type system is nice for longer routes - i.e. MSR Dromlite 2L Bag w/ hydration kit.
- Sunglasses**
- Lunch food**
- Small Camera (Optional)**

Foul/Cold Weather add:

- Hard Shell jacket:** The lightest shell you can find i.e. Patagonia M10 or Torrentshell
- Light gloves** i.e. BD Crag or Arc Gloves
- Light Down/Synthetic Jacket w/ hood:** This can be nice for belays in the spring or late fall i.e. Patagonia Nano Air Hoody
- Warm Hat**
- Synthetic Long underwear bottoms (Optional):** For cooler days i.e. Patagonia Capilene 2



Recommended Gear Shops

Leavenworth Mountain Sports: Tell them you are climbing with NMS and receive 20% off rentals or 10% off of gear purchases. www.leavenworthmtnsports.com or (509) 548-7864

Feathered Friends: Also a great source for all of your gear needs. Tell them you are climbing with NMS and receive 20% off rentals or 10% off of gear purchases. www.featheredfriends.com Seattle, WA

Second Ascent: Another great gear shop in Seattle. Second Ascent sells new and used gear. www.secondascent.com

