



Rock Climbing - Single Pitch Gear List

Edgeworks provides all required group and technical equipment for this course, including climbing hardware, ropes, and anchoring materials. Personal climbing equipment is not included in the course fee. If you have technical gear not on this list that you want to practice with, please bring it with you.

Please give yourself adequate time to obtain and pack the required equipment for your trip. Items available for rent are marked with an (R). Contact guiding@edgeworksclimbing.com for rental inquiries.

General Equipment

- Backpack

Make sure it can hold all of your equipment and some group gear inside; a pack of around 40L works well. Bonus points if your helmet can fit inside or strap on the outside without flopping.

- Headlamp

A small LED headlamp should live in your backpack all the time.

- Water

Bring at least 2 liters/quarts of water per day. A small thermos is nice on chilly spring and autumn days.

- Food

Bring enough food for the duration of your program. A few snacks are nice for a quick bite between climbs. Don't bring anything that requires cooking. Plan for 4-7 hours each day.

- Sunglasses

Look for 100% UVA/UVB protection. Consider bringing a spare pair for multi-day programs.

- Sunscreen

Bring a small tube of sunblock with SPF of 40 or higher.

- Sanitation

Please bring a small container of hand sanitizer, some toilet paper, and hygiene products.

- Personal first aid kit

Bring all of your personal medications at a minimum. Consider bringing spare prescription glasses or contacts. Please tell your guide where your medications are kept. (e.g. Inhaler, EpiPen).

- Insect Repellent (optional)

This is a nice item to have just in case, but we rarely seem to use it at most crags.



Clothing

Bring clothing appropriate for the weather conditions at the time of your program.

- Approach/hiking Shoes

Wear closed toed shoes such as light hiking boots, running shoes, or trail shoes. No Crocs, open toed footwear or flip flops allowed.

- T-shirt

Avoid cotton if possible since it can get sweaty on the approach and then feel cold.

- Sun hoody (optional)

A long sleeve, hooded shirt with a high UPF/SPF rating is recommended for sunny summer days.

- Pants / Shorts

Something comfortable and stretchy that dries quickly and allows for good freedom of movement. Shorts are nice for warm days.

- Lightweight Jacket

Ideally this is a synthetic puffy or fleece, but a sweatshirt will suffice most of the time.

- Warm / Belay Jacket

A warm and compressible jacket is great to stave off shivers when temperatures are colder in the spring and fall months. Optional in the peak of summer.

- Shade hat / baseball cap

A hat with a good brim is essential for protection from the sun.

- Warm Hat / Beanie

Something to keep your head warm if it's cold. Make sure it will fit under your helmet.

- Raincoat

If rain is forecast, be sure to pack a raincoat.



Climbing Gear

- Rock climbing harness (R)

This must be sized properly, have a belay loop, and be in good condition.

- Climbing helmet (R)

Must be UIAA/CE rated for climbing. No bike, ski, or other non-climbing helmets allowed.

- Belay device with locking carabiner (R)

We strongly recommend using an assisted braking device (ABD) for all belaying, however any modern belay device is allowed. No Figure 8 descenders allowed.

Examples: Black Diamond Pilot, Edelrid Jul2, Mammut Smart, Petzl GriGri

- Rock Shoes (R)

Sized to be comfortable enough for all-day use.

- Chalk bag (R)

Recommended. Be sure to have enough chalk inside to last the day.

- Belay Gloves (recommended)

Lightweight leather-palmed gloves help protect your hands from rope burns, chafing, and dirty ropes.

Example: Petzl Cordex or deerskin gardening gloves