

# Gear List - Rappelling, Caving, Rock Climbing, Camping

## WHAT TO BRING

### **RAPPELLING / ROCK CLIMBING**

- **1 pair of leather gloves.** \*REQUIRED\* (These are for holding the rope while rappelling to prevent your hands from getting over-heated from friction)
- **Clothing layers** appropriate for temperatures (be prepared for rain or shine): No cotton--cotton doesn't insulate when wet--only bring synthetic or wool materials. Dress in layers depending on weather forecast. Raingear(rain poncho or waterproof jacket/pants), base layers (tops & bottoms) if necessary, , hat, gloves if necessary.
- Fleece or light/packable down jacket--to bring out of pack during rest stops, waiting for rappels, your next climb, etc.
- Backpack (daypack)
- Hiking or athletic shoes that are sturdy and have good tread..
- Wool socks (Wool insulates when wet. Cotton doesn't.)
- Extra shoes and socks in vehicle in case feet get wet.
- Lunch/snacks
- Water
- **Climbing/Rappelling Gear** I will provide to people who don't have, but please bring your own harness, helmet, ATC, climbing shoes, etc, if you do have them
- **Ice/Traction Microspikes** Loaned to beginners for free (These fit over your existing footwear. There is an extremely steep ascent up a slick hill at one point and these help tremendously for traction on wet, muddy, steep terrain.

### **CAVING**

- Headlamp
- Kneepads, elbow pads (optional)
- Gloves. Use the same leather gloves for rappelling.

-Wear warm layers. Cave is around 50 degrees.

**CAMPING (Contact Chris for camping gear rental options)**

Tent

Sleeping Bag

Sleeping Pad

All food & water for camp.

Camp chair-optional

Headlamp or flashlight

(This is a primitive campsite without toilets or running water)