EDGEWORKS
CLIMBING + GUIDING

# Index Climbers Festival Clinics
# Gear List

Edgeworks provides all required group and technical equipment for this event, including climbing hardware, ropes, and anchoring materials. Personal climbing equipment is not included in the clinic 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 clinic. 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.*

- Water

*Bring at least 2 liters/quarts of water for the day. A small thermos is nice on chilly days. There is no water available at the crags.*

- Food

*Bring enough food for the day. Snacks are also nice for a quick bite between climbs or skill sessions. Don't bring anything that requires cooking.*

- Sunglasses

*Look for 100% UVA/UVB protection.*

- 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. Bathrooms are available at check-in and within walking distance of the trailheads.*

- 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).*

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**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 approach 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.*

- Pants / Shorts

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

- Lightweight Jacket(s)

*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.*

- Shade hat / baseball cap / warm hat / beanie

*A hat with a good brim is essential for protection from the sun. Also bring 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 at a minimum*

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**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*