



ALPs Gear List

Gear Required for ALP 1

(ALP 2 and 3 will require additional backpacking gear. See separate section below.)

Required Technical Gear:

☐ **Climbing Harness**

- Must be specifically designed for rock climbing (UIAA Rated) and less than 10 years old/not heavily worn (*if any uncertainty, please touch base with us*)
- Should have at least 4 gear loops
Examples: Petzl Corax (heavy, comfortable low-end option), Petzl Adjama/Luna, Mammut Sender, Black Diamond Technician, Edelrid Sendero 2, Petzl Whisper (ultralight high-end option)

☐ **Climbing Helmet**

- UIAA rated- no ski or bike helmets (unless triple rated)
Examples: Black Diamond Capitan, Mammut Wall Rider

☐ **Climbing Shoes**

- Comfortable, all-around shoes would be ideal, multiple shoes can be nice but not necessary. One for single pitch and one for multi pitch.
Examples: La Sportiva TC Pros, Unparallel UP Virtu

☐ **Guide-Style Autoblocking Tube Belay/Rappel Device**

- Must have 2 rope channels and an extra “ear” for direct belay application (reach out to staff if any questions)
Examples: Petzl Reverso, BD ATC Guide, DMM Pivot

☐ **4-6 Locking (screw-gate) Carabiners**

- At least 3 “pear-shaped” HMS carabiners (*Petzl Attache, Edelrid HMS Strike*)
- At least 1 smaller locker but 2 is nice (*Trango Superfly, Camp Photon Locking*)

☐ **4-6 Non-locking Wire-Gate Carabiners**

Examples: CAMP Photon/Nano 22, Black Diamond MiniWire/Hotwire

☐ **1) 120 cm dyneema sling/runner**

Example: Mammut Dyneema Contact 120cm Sling, Blue Ice Mission Light

☐ **1) 20 ft length of 7 mm cord (cordelette) or 5.9mm Sterling PowerCord**

Examples: Sterling 7mm Alpine Accessory Cord, BlueWater 7mm Accessory Cord, Sterling 5.9 PowerCord Cordelette. (Avoid buying cord from REI because of poor quality)*

☐ **1) 180 cm or 240 cm Dyneema Sling/Runner**

Example: Mammut Dyneema Contact 240cm, Edelrid Dyneema Sling 240cm, Blue Ice Mission Light 180cm, Mammut Dyneema Contact 180cm

- ☐ **10+ ft of 6mm accessory cord (for prusik loops) or 2 pre-sewn prusik loops**
Examples: Sterling HollowBlock2 Loop, Beal Jammy Prusik (or our local gear shop Rocky Mountain Outfitters can cut custom lengths of 6mm cord for use as prusik loops). (Avoid buying cord from REI because of poor quality)
- ☐ **Chalk Bag/Chalk** (Any chalk bag that you can attach to you and climb with. No bouldering chalk buckets.) *Example: Prana Originals Chalk Bag, Evolv Super Light*
- ☐ **Personal First Aid Kit**
 - We will have larger first aid kits in case of emergency but we will not be providing you with blister care or medications such as but not limited to ibuprofen, acetaminophen, diphenhydramine, epinephrine.

Required Technical Clothing:

- ☐ **Approach shoes or hiking boots** (*approach shoes would be ideal- other non-technical outdoor shoes like Altras or Salomons would be fine for ALP I, but Approach Shoes are mandatory for ALP 2 and 3*)
Example: La Sportiva TX3, Salewa Wildfire
- ☐ **Softshell pants**
Example: OR Ferrosi Pants, OR Cirque Lite, Black Diamond Alpine Pants
- ☐ **Rain Shell Jacket**
Example: OR Helium Rain Jacket, BD Fineline Stretch Shell
- ☐ **Insulating layers** (lightweight down and/or fleece layers)
Examples: Patagonia R1, OR Superstrand LT Hoodie)
- ☐ **Beanie** (ideally could fit under your helmet)

Belay Gloves (many options- should have leather palms)

Required Camping Gear

- ☐ **Sleeping Pad**
- ☐ **Sleeping Bag** (depending on your plans, a 10-20 degree lightweight down bag will serve you well for ALPs II & III, or you could get away with a 30-35 degree synthetic bag if you only think you'll do ALP I)
- ☐ **Daypack** (18-30L recommended)
Example: Mountain Hardwear UL 20, BD Blitz 28
- ☐ **Headlamp**
Example: Petzl Tikka Headlamp, BD Spot 400
- ☐ **Personal Water Bottle** (Minimum 3L)

Gear Required for ALP 2 and 3

- ☐ **Wool Socks**
Example: Darn tough, Smartwool
- ☐ **Synthetic or Wool Underwear**

- For backpacking days you should have outfits with no cotton
- Many name brands make expensive underwear but less expensive synthetic underwear can also be found at Walmart or Costco.

☐ **Backpacking Bag** (50-65L)

Example: Blue Ice Stache 50L/60L, Mountain Hardwear Direttissima 55L, Sierra Designs Flex Capacitor 40-60L

Additional Recommended (Optional) Technical Gear:

☐ Assisted-Braking Belay Device

Examples: Petzl Gri-Gri, Edelrid Pinch, Trango Vergo

☐ Mechanical prusik/ascender/progress capture device (this could act as a replacement for one of your 2 prusik loops and be useful for self rescue application in the future)

Examples: Petzl Microtraction/Nanotraction, Petzl Tibloc, Edelrid Spoc

☐ If you have any other technical gear like draws, trad gear, PAS's, ascenders, etc, please bring that with you if you have room

Additional Recommended (Optional) Technical Clothing:

☐ Buff/Neck Gaiter

☐ Softshell Jacket (highly recommended)

Example: OR Ferrosi Hoody

☐ Sun Shirt w/good SPF rating (highly recommended)

☐ Base Layers (recommended- especially for our longer trips)

☐ Heavy Down Jacket or extra layers (if you run cold, 800 fill down is a good place to start)

☐ Rain pants (especially if you planning to do ALP II & or III)

Additional Recommended (Optional) Camping Gear

☐ Pocket knife or multitool

☐ Climbing Tape

☐ Backpacking Pillow

☐ Backpacking spoon/spork

☐ Sunglasses

☐ Sun hat/cap/visor (ideally could be worn under your helmet)

Example: REI Active Pursuits Cap

☐ Earplugs (in case your neighbors sound like chainsaws or it gets really windy)