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## Rock Climbing - Multi Pitch Gear List

Check out our [Gear Guide](#) for specific recommendations

### Clothing

#### Feet

- *Closed-toed shoes* - suitable for hour plus approaches
- *Socks* - Non-cotton

#### Legs

- 1) *Light pants* - for insect, abrasion, and wind protection

#### Torso

- 1) *T-shirt or long-sleeved shirt* - preferably non-cotton
- 2) *Light fleece or wind shell*
- 1) *Midweight insulation* - Lightweight insulated jacket, likely not necessary for mid-summer but appropriate for Fall and Spring climbs
- 3) *Waterproof shell* - single layer, no added insulation

#### Hands

- *Belay gloves* - optional but highly recommended, any basic uninsulated leather work glove will do (synthetic work glove will not work)
- *Crack climbing gloves and/or climbing tape* - also option but useful to protect your hands and fingers if jamming technique is required

#### Head

- *Sun hat*

### Equipment

\*All items in **BOLD** are provided by MSA if needed. Your guide will inspect your personal gear before the outing to ensure that it is appropriate for the day's objective.

#### Technical Gear

- **Rock climbing Shoes** - purpose built sticky rubber shoes, street shoes are not recommend
- **Climbing Harness** - should be designed for rock and/or ice climbing - not a mountaineering specific harness like the Black Diamond Couloir.
- **Belay device and locking carabiner**
- **Locking carabiner**
- **Personal anchor system**
- **Climbing helmet** - Must be rated specifically for climbing, no skiing or bike helmets
- *Primary Backpack* - 35-45 L capacity or enough space to carry your food, water, clothing, personal and group climber gear for the day (may include rope, rack, etc).
- *Route pack* - 15-25 L peak for water, food, and other supplies on route



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- *LED headlamp* - and spare batteries (lithium work best in the cold)

#### **Food and Hydration**

- *1 - 2 liters of water* - light weight soft flask or camelbak style are best
- *Food* - bring a combination of snacks that are easy to eat on the go and something heartier like a sandwich. Plan for ~1,000-1500 calories

#### **First Aid & Emergency**

- Your guide will have supplies for general emergencies but bring all your necessary medications for this type of activity as well as moleskin, band-aids, and other personal first-aid items.

#### **Optional**

- *Sunglasses*
- *Trekking pole(s)*
- *Camera and/or phone*
- *Buff* - for warmth and sun protection
- *Lip balm*
- *Sunscreen*
- *Insect Repellent*