
Rock Climbing - Single Pitch Gear List

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

Clothing

Feet

- *Closed-toed shoes* - for a short hike to the crag
- *Socks* - Non-cotton

Legs

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

Torso

- 1) *T-shirt or long-sleeved shirt* - preferably non-cotton
- 2) *Light fleece or wind shell*
- 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)

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**
- **Climbing helmet** - Must be rated specifically for climbing, no skiing or bike helmets
- *Backpack* - 25-35 L capacity or enough space to carry your food, water, clothing, and personal climber gear for the day.

Food and Hydration

- *1 - 2 liters of water* - Nalgene style are best
- *Food* - bring a combination of snacks that are easy to eat on the go and something heartier like a sandwich.

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 poles*
- *Camera and/or phone*
- *Lip balm*
- *Sunscreen*
- *Bug net*
- *Insect Repellent*