

## Rock Guide Equipment List

### Technical

- Rock climbing shoes (sized to be worn bare foot, but all day comfort, not too tight!)
- lace up approach shoes with sticky rubber
- harness, rock climbing specific with padding and at least 4 gear loops
- Squamish Rock Climbing Guide Book
- Chalk bag and Chalk
- rock/mountaineering helmet
- pear shaped locking carabiner x 2 for Italian hitch
- day pack 30-40 litre
- Multi - pitch summit pack 15 litres
- Plastic garbage bag to line pack for water proofing

### **Special equipment needed for each student**

(possibility of renting the full package at WAS for \$150CAD)

- D shaped locking carabiner x 3, pear shaped are fine too
- Triple action locking or uni- directional carabiner x 1
- Non locking carabiners x 4
- belay device (petzl reverso 4 or Black Diamond ATC Guide)
- 120cm sewn sling, spectra or Dyneema
- 1.5 m 6 mm cord / Prussik
- 5 m 6 mm cord / Prussik x 2

### Mountain Clothes for bad weather days

- gore-tex jacket/pants
- warm hat, touque
- light gloves / mountain bike / work gloves
- base layer top/bottom
- mid layer – fleece sweater
- light insulated jacket – puffy

### Other

- sun glasses
- sun screen
- sun hat
- H2O bottle / hose 2 litre
- head lamp w/ spare battery
- phone, charged, extra battery
- Shorts, climbing pants

## Optional

- t.p./lighter/ziplock
- small knife
- blister pads
- band-aid
- ibuprofen, anti-inflammatory