

Alpine Climbing Day Trips Equipment List

Please do not hesitate to contact us if you have specific questions regarding equipment or if you need assistance prior to making a purchase. The following list will vary according to the time of year, conditions, route, and your individual requirements. Items marked with an * can be rented from us. Contact us via email or phone for rentals. **If it's not on this list, you likely don't need it.**

Essentials

- Boots.* Lightweight mountaineering or heavy duty hiking boots are required; also need to be compact to fit into pack if climbing 5th class. No trail runners/tennis shoes please. Please contact us for current conditions and recommendations.
- Ice axe.* General purpose axe appropriate to your height. We will inform you if this is needed.
- Crampons.* These must be compatible with your boots. We will inform you if these are needed.
- Climbing harness.*
- Helmet.* Should be comfortable and lightweight.
- 3 locking carabiners.*
- A lightweight belay/rappel device (tubular, eg. ATC).*
- A 120cm nylon sling.
- Rock shoes.
- Day pack. 30-35 liter. Bring a pack you've used before and will fit everything. Note:
- 1 or 2 Trekking poles*. These are not essential but can be handy on the trail. They do save the knees on long descents.

Clothing - Wool or synthetic recommended. Consider season/weather when selecting layers.

- 1 long-sleeve sun shirt, "hoodie" style.
- 1 pair of hiking/climbing pants.
- 1 pair of long-johns or tights.
- 1 mid-layer insulating top.
- 1 warm down jacket.
- Waterproof jacket and pants - lightweight and non-bulky. Jacket must have a hood.
- 1 lightweight pair of gloves.
- 1 heavier pair of gloves.
- 1 warm hat/beanie.
- Sunhat.

Etc.

- Sunglasses.
- Water carrying system with a capacity of 2 liters. We recommend 2 x 1L hard bottles. One of these can be your thermos for hot drinks as well.
- Headlamp with a spare set of batteries.
- Hand sanitizer - a personal travel size bottle.
- Toilet paper and 2 ziplock bags. The used toilet paper will go into a ziplock that you carry in your pack.
- Sunscreen and lip screen. SPF 30+. A 1-2 oz. bottle will be enough.
- Basic first aid supplies such as ibuprofen, moleskin, and tape. Your guides will have extensive first aid kits - please don't go overboard with your personal kits. If you tend to take something regularly (advil, tylenol, etc.), please bring your own. If your feet require constant blister attention please bring tape and moleskin.

Food

- Bring your own snacks, water, and lunch.

Shared Equipment - SMC Provides

- Group climbing gear.
- First aid kits.
- Wag bags if required for location.

