



## Multipitch Equipment List - Red Rock

Vertical Voyages supplies all the technical rock climbing gear (ropes, helmet and trad gear, as applicable). Here's a list of items you need to bring with you. If you don't own this equipment, contact us, as we may have items you can rent or borrow. Having the proper equipment will greatly enhance your comfort during the climb.

### **Climbing Gear:**

- Harness
- Belay device with locking carabiner
- Comfortable, broken-in climbing shoes
- Approach shoes with accessory locking carabiner for clipping to harness
- Day backpack 1,500 to 2,500 cu. in. for carrying all your gear.
- Chalk bag
- Helmet (tell us if you need one)
- Small pack for carrying on the climb (e.g., BD Bullet pack)

### **Personal equipment:**

- Medication: Epi-Pen, Inhalers, Allergy medications as appropriate.
- Two liter bottles of water (Nalgene bottles preferred)
- Camera with strap
- Sunglasses w/ adequate UV protection (strap recommended)
- Sunscreen
- Lightweight hat with visor
- Warm hat (fleece or wool). Neck gaiters or a balaclava work well in cool conditions.
- Lip Balm
- Lightweight rain coat
- Chemical hand-warmers if expecting temps below 50 degrees
- Headlamp with extra batteries
- Socks should be synthetic
- Long underwear - first layer should be a wicking layer such as lightweight capilene or silk-weight capilene (top and bottoms)

- Long underwear- the second layer should be a heavier weight, insulating layer, such as micro fleece or mid-weight fleece (top only)
- Soft shell jacket for wind protection
- Windproof pants (e.g. Schoeller, Gortex) or a similar waterproof, breathable material.
- Lightweight gloves

**Food for the climbing day:**

Here are some suggestions. Make sure you have enough calories for the day.

2-3 energy bars

GU Energy Gels

Dried Fruit

Hard Candy

Piece of Fruit

Protein Rich Foods:

-Nuts

-Tuna Packs

-Beef Jerky

-Summer Sausage