

EQUIPMENT LIST – SINGLE PITCH ROCK CLIMBING

TRIPS COVERED BY THIS LIST:

- Mazama Rock Climbing
- Vantage Rock Climbing
- Index Rock Climbing

A NOTE ABOUT EQUIPMENT LISTS: Nothing can ruin a trip faster than having the wrong gear for the conditions at hand. All our programs are subject to rapid and severe changes in the weather. Select garments that are **warm, lightweight and durable**. Generally speaking, the best arrangement is to think in terms of layers – a system that dries quickly, allow flexibility and resists wind, water and abrasion. All of us have different tolerances for heat or cold; for example, you might choose warmer gloves than specified here if you tend to get cold hands. If you have doubts about a specific garment’s appropriateness, please **talk to your guide in advance** about conditions you are most likely to experience. This list is built for a trip with an unsettled weather forecast. With a good weather forecast some of these items may be left behind to save weight. All trips require that you bring adequate food and water, *please see our “food” equipment list for details.*

<p>CLOTHING</p> <p>Head, Hands & Feet</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sun Hat <input type="checkbox"/> Optional: belay gloves <input type="checkbox"/> Hiking or Approach Shoes <p>Upper Body Layers</p> <ul style="list-style-type: none"> <input type="checkbox"/> Lightweight Base Layer Top or Sun shirt <input type="checkbox"/> Lightweight Insulating Layer <p>Lower Body Layers</p> <ul style="list-style-type: none"> <input type="checkbox"/> Softshell Pants or Shorts <p>Options Layers for colder or wetter weather</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hard-shell Jacket <input type="checkbox"/> Lightweight rain pants <p>ACCESSORIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Backpack (20-30 Liters) <input type="checkbox"/> Sunglasses <input type="checkbox"/> Sunscreen and spf lip balm <input type="checkbox"/> Cloth Mask <input type="checkbox"/> Hand Sanitizer <input type="checkbox"/> Water & Food <input type="checkbox"/> Optional: Crack Gloves (for routes with lots of crack climbing) <input type="checkbox"/> Headlamp <input type="checkbox"/> Blister Kit 	<p>TECHNICAL EQUIPMENT</p> <ul style="list-style-type: none"> <input type="checkbox"/> Climbing Helmet (can be rented from NCMG) <input type="checkbox"/> Climbing Harness (can be rented from NCMG) <input type="checkbox"/> Belay Device (can be rented from NCMG) <input type="checkbox"/> 2 Locking Carabiners (can be rented from NCMG) <input type="checkbox"/> Double Length Nylon or Dyneema Runner (or personal anchor system -- NO daisy chains)
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NORTH CASCADES MOUNTAIN GUIDES

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