



ROCK CLIMBING GEAR LIST

Please use this gear list for the following Shasta Mountain Guides programs:

- Cantara Rock Climbing
- Introduction to Multi-Pitch Climbing
- Castle Crag Classics
- Custom Rock Climbing Program

For your safety and comfort, please follow this list diligently. Every item on this list is required, unless clearly stated otherwise. Locally rentable items from The Fifth Season are marked with **bold blue text***.

CLOTHING

<u>Item</u>	<u>Description</u>	<u>Qty.</u>
<input type="checkbox"/> Socks & Underwear	Wool or synthetic, thin and lightweight material	1 pair
<input type="checkbox"/> Lightweight Softshell Pants	Flexible, breathable, wind/water/abrasion resistance	1 pair
<input type="checkbox"/> Waterproof Pants	Uninsulated, hardshell, full-leg zips are best.	1 pair
<input type="checkbox"/> Waterproof Jacket	Uninsulated, hardshell, provides wind/water protection	1
<input type="checkbox"/> Light Insulating Jacket	Light down/synthetic jacket or sweater	1
<input type="checkbox"/> Synthetic T-Shirt	Lightweight, moisture wicking, non-cotton	
<input type="checkbox"/> Sun Hoody	(Highly recommended) with a hood or large collar	1
<input type="checkbox"/> Brimmed Sun Hat	Baseball cap, visor, or other style hat.	1

EQUIPMENT

<u>Item</u>	<u>Description</u>	<u>Qty.</u>
<input type="checkbox"/> Light Hiking Shoes/Boots*	Well-fitted hiking shoes/boots. Approach shoes with Vibram-style sticky rubber are preferred	1 pair
<input type="checkbox"/> Technical Climbing Shoes*	Lace or Velcro style, well-fitted and comfortable	1 pair
<input type="checkbox"/> Climbing Helmet*	Lightweight climbing style. Bike or ski style not allowed	1
<input type="checkbox"/> Day Pack*	20-35 liters	1
<input type="checkbox"/> Rock Climbing Harness	(Optional) The trip cost includes a climbing harness	1
<input type="checkbox"/> Carabiners	2 locking style and 1-2 non-locking style	3-4
<input type="checkbox"/> Belay Device	Dual-tube style. (Ex. Petzl Reverso, Black Diamond ATC)	1
<input type="checkbox"/> Double-Length Sling/Runner	120-cm/48-in runner or sling, nylon or dyneema	1
<input type="checkbox"/> Water Bottles	Durable 1-liter bottles. Water bladders discouraged	2-3 liters
<input type="checkbox"/> Snacks/food	Snacks/Lunch for the day.	Varied
<input type="checkbox"/> Headlamp	For Castle Crag Classics or long, remote rock routes	1
<input type="checkbox"/> Sunglasses	Dark-lens sport style, polarized preferred	1
<input type="checkbox"/> Sunscreen and lip protection	30 SPF minimum	1