**Technical Gear**

Bring the following:
- Rock climbing shoes
- Sturdy approach shoes or light trekking boot with ankle support
- Running shoes or light approach shoes for easier approaches (optional)
- Lightweight, collapsible ski poles (optional, but recommended)
- Climbing backpack (25-30 litres) with rain cover specific to the pack
- Leather belay/rappel gloves (optional)

Bring the following or ask us for a quote to supply the items:
- Climbing helmet
- Climbing harness with gear loops
- 6 quickdraws
- Minimum of four non-locking carabiners
- Two or three locking carabiners
- Larger pear-shaped locking carabiner for Munter Hitch
- Four shoulder-length slings
- Two double shoulder-length slings or one 5-metre length of 7 or 8 mm cordelette
- Two Prusik cords: 5-6 mm diameter, 3.5-meter length
- Tuber-style belay/rappel device or Figure 8
- Single rope (9.5-10 mm diameter, 50-60 m length), or two double ropes (8-9 mm diameter, 50-60 m length) per climbing team
- One set of wired nuts (stoppers) per climbing team
- One set of camming devices (Friends/Cama lots) per climbing team

**Clothing**

We recommend the ‘layering system’: Bring light, technical clothing that doesn’t take much space in your backpack and dries quickly when sweaty or wet. Layers must be put on and taken off quickly as weather conditions change during the day. There may be days when you can wear cotton, but your main clothing choices should be synthetic or wool. Merino wool is a nice material for base layers and t-shirts because it is comfortable, warm, and it does not retain odours even after many days of use.

- Wind and waterproof shell jacket with hood (Gore-Tex or similar)
- Lightweight wind and water-resistant over pants (Gore-Tex or similar)
- Lightweight synthetic climbing pants or zip-offs
- Medium weight Primaloft jacket with hood
- Medium weight fleece sweater
- Synthetic or wool base layers – top and bottom
- Synthetic shorts and t-shirt
- Quick-drying sports bra
- 2-3 pairs good quality trekking socks
- Warm hat that covers your ears
- Lightweight synthetic gloves
- Sun hat, preferably with a wide rim
- Bandana or Buff (optional)

**Lodging and around town**

- Casual clothing, spare socks and underwear, and comfortable footwear for the nightly accommodations
- Toiletries

**Other items**

- Sunglasses with high UV protection
- Sunscreen and lip protection with high SPF
- Small container bug spray or cream
- One-litre water bottle
- Headlamp with spare battery
- Your favourite snacks - candy bars, dried fruit, nuts, etc.
- Personal first aid kit and other needs (eg. blister kit, prescription medicine, anti-inflammatory, contact lenses, prescription glasses, etc.)
- Pocket knife (optional)
- Health and travel insurance documents
- Light stuff sacs or Ziploc bags to keep your backpack organized and important items dry (optional, but recommended)
- Camera, spare batteries (optional)
- Ear plugs (optional, but recommended)
- Maps, GPS, altimeter watch (optional)
- Hand sanitizer or sanitary hand wipes (small personal amount)
- Adaptor for European charging system