

# TCS EPC Retreat Gear List

## Climbing Equipment

### Climbing Harness

You will want a modern Rock Climbing Harness with belay loops and gear loops. You will want to size the harness to fit with multiple layers of clothing.

### Helmet

Bring a helmet rated for climbing. Modern foam helmets are super lightweight and comfortable but are easy to break. We recommend a “burlier” model of foam helmet. Example: Petzl Meteor, Black Diamond Vision, for a cheaper more durable option look at the Black Diamond Half Dome Petzl Boreo or similar.

### Rock Climbing Shoes

These should be comfortable shoes. If you are newer to climbing, focus on how the shoe fits your foot more than the model of the shoe. A perfect fit should have zero dead space. Size the shoes so you can wear them without socks but that they are comfortable. If the shoes are new, anticipate that they will stretch about a half size on average.

### Chalk (optional)

Climbing chalk and chalk bag are optional.

### Belay/Rappel Device

Please bring a “tube” style belay device with a clipping point to accommodate “guide” mode, also known as “plate” mode. Examples: We recommend the Black Diamond Guide ATC or the Mammut Nordwand.

### Assisted Braking Belay Device (optional)

Strongly recommended for lead belays, but optional. We almost exclusively recommend the Petzl GriGri. If possible, try not to buy the Gri Gri + as it is heavier and clunkier to use.

## Rappel Backup

Most people tie a “prusik loop” to be used as a rappel backup out of about 4 ft of 6mm accessory cord. It is also possible to buy a pre sewn loop, the most popular being the sterling hollow block.

## Carabiners

Bring 4 locking carabiners and 4 non locking carabiners. Of the locking carabiners, you will want 2 “pear shaped” carabiners such as the black diamond rock lock and 2 “D” shaped carabiners such as the Black Diamond Hot Forge. For the non lockers, we recommend D shaped Wire Gate carabiners such as the Black Diamond Neutrino. Please only bring carabiners rated for climbing, only purchase these from reputable brands. Do NOT buy random unmarked carabiners from Amazon, these have been tested and are not up to spec.

## Slings

Please bring one 48” or “double length” nylon sling. This should not be a dyneema sling. This can be substituted with anadjustable tether such as a petzl connect.

## Cordelette (optional)

This is a 16 to 20 ft section of either 7mm accessory cord or 5.5mm “tech” cord.

## Quickdraws (Optional)

Optional if you own them. If you are looking to purchase some we would recommend either the Petzl Spirit Quickdraws or the Black Diamond Hot Forge.

## Belay Gloves (optional)

These are optional for courses that anticipate a large amount of rappelling. Or if you have soft skin or a job where “hand presentation” is important (waiter).

## Multi Pitch Climbing Pack

For courses where multi pitch climbing is expected, please bring a small lightweight pack that you can climb with. Aim for something that is 10-15L and doesn't have a frame. Example: Black Diamond Rock Blitz

## Day Pack

Look for something 25-50L. Aim for a no frills simple pack. The best day pack is the one you already have. The Metolius Haul Packs are great and indestructible cragging or day packs.

## Clothing

Make sure to have layers appropriate for the day. Bring one more jacket than you think you will need. In the winter, the weather can range from the high 40's to the 80's, be prepared for a range of temperatures. Reach out to your guide if you have any questions about what to bring.

## Miscellaneous

### Hydration

Make sure to have 2.5 to 3 liters of water capacity. We strongly recommend that at least one liter is in the form of a "hard bottle", as in not a hydration bladder. Gatorade bottles are a great way of cheaply increasing capacity if you are traveling or forgot bottles.

### Sunscreen

Sunscreen with zinc or some other physical barrier is ideal. We have a preference towards the thick paste that comes in a rub on "chapstick tube" type applicator as it is less messy.

### Sunglasses

These should be UV protective. Aim for a "wrap around" shape that shields the sides of your eyes. Snow and Light colored rock reflect a lot of light. This side shield helps prevent reflected UV light from bouncing off the inside of your glasses and straining your eyes. If you have glasses without side shields, such as the "ray ban" shape, you can create effective side shields with duck tape. Purpose made glacier glasses are nice but not necessary.

### Headlamp

Make sure to have freshly charged or new batteries.

### Approach Shoes

Make sure to have a supportive shoe appropriate for rocky approaches and scrambling.

### Traveling Gear

Luggage, passport, extra clothing, comfortable layers.

Reach out if you have any questions about what gear or items you should bring.

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