

Guided Beginner Climbing 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 (optional)

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.

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).

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. 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.

Food

You will be responsible for your own food on the course. Make sure to plan ahead to accommodate breakfasts and dinners depending on where the course is held. Make sure to bring enough snacks during the days. Choose snacks and lunches you can eat on the go, that don't require cooking.

Sunscreen

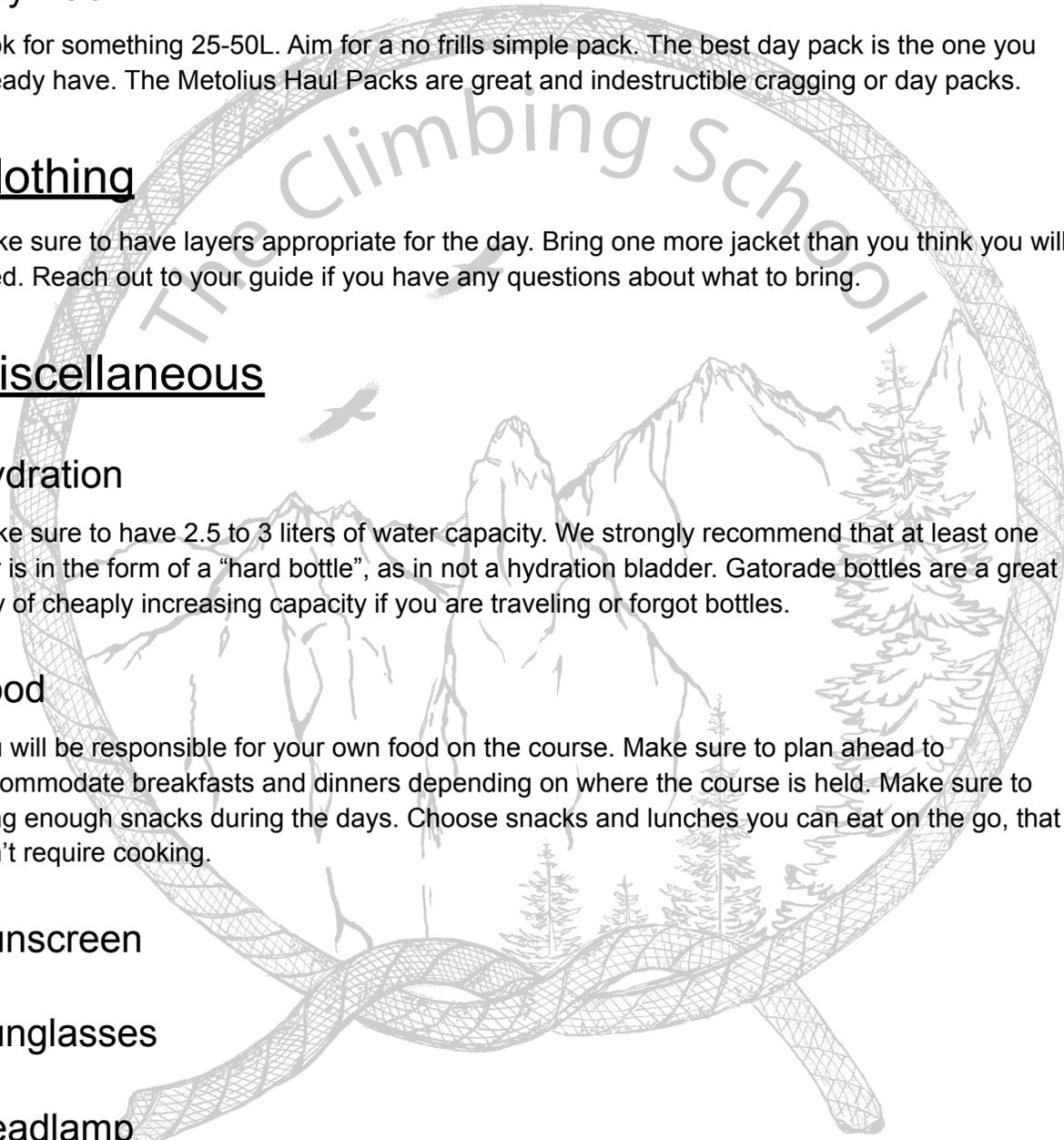
Sunglasses

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.



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

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