



ALPINE ENDEAVORS



## SKY TOP ROCK CLIMBING PERSONAL EQUIPMENT LIST

All technical climbing equipment will be provided by *Alpine Endeavors, LLC*. The equipment provided includes: helmet, harness, rock shoes, chalk bag, ropes, and hardware. However, if you have your own personal gear, feel free to bring it.

Items each participant will need to have include:

### **Pack**

A daypack large enough to carry all the equipment provided (helmet, harness, & rock shoes), plus the following items listed below.

### **Water bottle(s)**

At least two quarts, more in warmer temperatures, all drinks must be in non-glass containers. Drinks should consist of water, or some type of athletic drink such as Gatorade®.

### **Food**

Energy bars, sandwiches, snacks, etc., choose something that can be eaten on the go.

### **Clothing List**

Please dress appropriate for the season. Wear apparel that you can move comfortably in (no jeans). Layers are a great choice. During the spring and fall seasons, try to stay away from cotton as much as possible.

Here are some suggestions of what to wear while rock climbing at Sky Top:

- T-shirt - preferably synthetic or wool like Capilene, Bergalene, Icebreaker, etc
- Shorts or pants – preferably nylon/synthetic, pants will help protect your legs from nicks and scratches that may occur.
- Rain jacket – Gore-Tex or comparable material, dependent on the forecast
- Fleece or sweater– weight dependent on the season, (colder temperature = thicker fleece)
- Hat and gloves – dependent on the season
- Footwear suitable for trails - Sneakers or hiking boots with aggressive soles  
Sandals and/or clogs are not recommended

### **Extra**

- Sunscreen
- Sunglasses
- Bug spray
- Camera and film
- Any personal medications you may need.

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