



NORTH CASCADES MOUNTAIN GUIDES

EQUIPMENT LIST – **SINGLE PITCH ROCK CLIMBING**

TRIPS COVERED BY THIS LIST:

- Mazama Rock Climbing
- Vantage Rock Climbing
- Index Rock Climbing

A NOTE ON EQUIPMENT LISTS: Equipment selection can make or break a trip. Weather conditions can change rapidly and having gear that is a combination of **warm, lightweight, and durable** is ideal. Taking the time pre-trip to make sure that your equipment meets these standards is worth the effort and sets up everyone for success. In the mountains it is best to use an integrated layering clothing system. Layers create the ability to dial in what works best for you. Each layer should have the ability to **dry quickly, be flexible, and be resistant to water, wind, and abrasions** to help you regulate your temperature and not hinder your climbing.

Please talk to your guide in advance of your trip about the conditions you are most likely to experience.

All trips require that you bring adequate food and water, *please see our “food” equipment list for details.*

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CLOTHING

Head, Hands & Feet

- ☐ Sun Hat
- ☐ Optional: belay gloves
- ☐ Hiking or Approach Shoes

Upper Body Layers

- ☐ Lightweight Base Layer Top or Sunshirt
- ☐ Lightweight Insulating Layer

Lower Body Layers

- ☐ Softshell Pants or Shorts

Options Layers for colder or wetter weather

- ☐ Hardshell Jacket
- ☐ Lightweight rain pants

ACCESSORIES

- ☐ Backpack (20-30 Liters)
- ☐ Sunglasses
- ☐ Sunscreen and spf lip balm
- ☐ Water & Food
- ☐ Optional: Crack Gloves (for routes with lots of crack climbing)
- ☐ Headlamp
- ☐ Blister Kit

TECHNICAL EQUIPMENT

- ☐ Climbing Helmet (can be rented from NCMG)
- ☐ Climbing Harness (can be rented from NCMG)
- ☐ Belay Device (can be rented from NCMG)
- ☐ 2 Locking Carabiners (can be rented from NCMG)
- ☐ Double Length Nylon or Dyneema Runner (or personal anchor system -- NO daisy chains)
- ☐ Rock climbing shoes

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