



# International Alpine Guides

## CALIFORNIA ALPINE GUIDES

### Front Country Rock Climbing Equipment

IAG/CAG will provide all technical rock climbing equipment including ropes and rock protection. Please bring the items below and let us know what personal climbing equipment you need us to provide.

*The items noted with an \* can be provided at no cost by IAG/CAG as noted and are subject to availability. You must notify us no later than 7 days before your trip of any gear you require from us. Please answer the Gear Request Question in your reservation terminal to advise us of any gear you require from us.*

The examples listed below are suggestions of options for each category and represent the most ideal equipment and clothing items for your trip. However, there are many other options that will also work great, as well!

### The Basics:

#### Running Shoes or Approach Shoes



A good lightweight pair of shoes for the approach. Approach shoes give you an advantage to easily maneuver tricky rocks and boulders on your way to the wall. They have a sticky sole and usually are more durable to rock and grit.

**Example:** [La Sportiva TX2](#) or [Scarpa Gecko](#)

#### Rock Climbing Shoes \*(We can provide)



A climbing shoe should always be snug. If you are new to climbing, you will want a less aggressive downturn toe. If your shoe is too big it will not perform well, make sure there is no open space between the shoe and your foot.

**Example:** [La Sportiva Skwama](#) or [Scarpa Maestro Mid Eco](#)

#### Harness \*(We can provide)



A comfortable rock-climbing style harness is needed.

**Example:** [Arcteryx Men's AR-395A Harness](#) or [Black Diamond Momentum 3S Harness- Women's](#)



## 2 One- Liter Wide Mouth Water Bottles **\*(We can provide)**

Please have 2 one-liter wide mouth water bottles.

**Recommended:** [Nalgene 1-liter Wide Mouth Bottle](#)



## Backpack **\*(We can provide)**

A Medium internal frame backpack 28-45 liters in size.

**Example:** [Black Diamond Speed 30 pack](#)



## Helmet **\*(We can provide)**

A climbing helmet is required, a bike helmet will not do. There are some very comfortable lightweight helmets on the market now.

**Example:** [Black Diamond Vapor Helmet](#) or [Petzl Meteor Helmet](#)



## Chalk Bag

Really based on preference for bag type but it's nice to easily be able to fit your hand in and have features that allow for single hand opening and closing.

**Example:** [Petzl Saka](#) or [Arc'teryx Aperture Chalk Bag](#)

## Clothing

For clothing, we emphasize a layering system in which we put on and take off layers of clothing depending on the outside temperature and the level of activity.



### Shorts

Choose a longer style for comfort and versatility. No cottons, a synthetic stretch material is best.

**Example:** [Arc'teryx Russet Short 12](#) or [Rab Women's Torque Light Short](#)



### Synthetic T-Shirts

A wool or synthetic T-shirt to keep your body temperature regulated during those hot afternoons.

**Example:** [Ridge Merino Women's Journey Merino Wool V Neck T-shirt](#) or [Ridge Merino Men's Merino Wool T-shirt](#)



### **Climbing Pant**

A loose-fitting climbing pant. Sweats or gym type clothing. NO Jeans.

**Example:** [Arc'teryx Serres Pant](#) or [Patagonia Men's Venga Rock Pant](#)



### **Sun Hat or Ball Cap**

A lightweight sun hat or ball cap to keep your face protected during those sunny days.

**Example:** [Patagonia P-6 Logo LoPro Trucker Hat](#) or [Columbia Women's PFG Sundrifter™ II Hat](#)



### **Insulating Layer- Midweight**

Fleece, wool or a lightweight down jacket works fine. Avoid the lightest weight fleece.

**Example:** [Patagonia Women's and Men's R1® Fleece Pullover](#)



### **Wind/ Rain Jacket**

A wind resistant rain jacket so you won't get caught up in varying mountain weather

**Example:** [Patagonia Men's Rainshadow Jacket](#) or [The North Face Women's Dryzzle Futurelight™ Jacket](#)



### **Warm Hat**

A wool or synthetic hat that's not too bulky.

**Example:** [Black Diamond Merino Beanie](#)

## **Other Items**

Gear that will make your trip run a lot smoother.

### **Sunscreen**

A must whenever exposed outdoors choose a 30 SPF or higher.

### **Lip Balm**

Protect your lips and avoid chapping and burning with 15 SPF or higher lip balm.

### **Sunglasses**

Keep your eyes protected with some good fitting sunglasses wrap style is best.

### **Head Lamb or Flashlight \*(We can provide)**

Good to have for early mornings or late days out.

### **Athletic Tape**

1-1 ½ in width for taping hands and fingers.

**Pocket Knife**

Swiss Army type knife.

**Lunch and Snacks****Optional:**

Your personal climbing equipment to practice with. If you plan on bringing some of your own gear please mark it with colored tape or fingernail polish.

**Camera (optional, but you'll want one!)**

Pocket sized is best. Of course, a smart phone will suffice.

**Down or Puffy Jacket**

If you get cold easily it's always good to stuff more layers in your pack. Check the weather before your trip.

**The areas you will be in are between 5000 to 9000 ft in elevation they can be hot and sunny or cold and windy. Rain is possible even in the summer months. So come prepared!**