

Rock Climbing School Gear List

Recommended Equipment List

Gear selection is very important to your safety and comfort on the expedition. Please read this gear list carefully and make sure you bring/order all of the items. Also, don't be afraid to email or call and ask any questions you may have about equipment.

Yes, we know it's a lot of stuff and it's important to have the right gear so you can be happy and functional no matter what the conditions. Rock Climbing is a gear intensive sport. At least you don't have to carry it all. Oh. Wait...

In the past, clients have had difficulty finding gear that is suitable, so we're now selling a range of gear that we know and like, and that will be good for the expedition.

Anyway, please check out our Gear Order Form (a separate excel spreadsheet) for a complete breakdown of prices if you're interested in purchasing anything. Please also refer to our Gear Order Instructions to help you organise your order.

All of our rental gear is already in Spain, so we don't need much lead time for that. But we do need to know what you want so we can make sure it's clean and ready to go, so please fill in the form.

Again, if you ever have any questions about gear, feel free to send an email or give us a call.

Clothing for Upper Body			
Item	Price	Quantity	Comments
Long Underwear Top	Purchase: \$30	1 to 2	Must be synthetic, silk, or wool, no cotton or cotton blends. Light to mid-weight is best.
Fleece Shirt	Purchase: \$90	1 to 2	Not quite as heavy as a fleece jacket, but more than a base layer. Expedition weight capilene, wool or similar. If you feel the cold, you may want to bring two of these.
Down or Synthetic Jacket	Purchase: \$265	1	You'll live in this while in camp. Good ones include Patagonia's Das Parka or Wild Things Belay jacket.
Rain jacket	Purchase: \$315	1	Gore-tex, eVent or other waterproof/breathable fabric. Try it on under a harness and make sure it's comfortable. Hood must fit over a helmet.
Wind Jacket	Purchase: \$80	Optional	Lightweight, fits over all your other layers.

Clothing for Lower Body			
Item	Price	Quantity	Comments
Long Underwear Bottoms	Purchase: \$30	2	Must be synthetic, silk, or wool, no cotton or cotton blends. Light to mid-weight is best. Both men and women should make sure your day pair has a fly, bombay zip, or similar opening.
Light Trekking Pants	Purchase: \$29	Optional	Get the type with zip off legs that turn into shorts. Great for warm days, must be quick dry material, no cotton.

Rain Pants	Purchase: \$375	1	Gore-Tex, eVent, or similar. Should fit comfortably over other layers. Make sure they have a fly (men and women) or you won't be able to pee when you are wearing a harness.
Climbing Pants	Purchase: \$90	1	Something comfortable to climb in. Loose, stretchy for comfort. You'll live in these most of the time.
Underwear	Purchase: \$20	3-5	Light quick drying fabric, no cotton.

Clothing for Hands and Head			
Item	Price	Quantity	Comments
Snow Hat	Purchase: \$10	1	Fleece or Wool. Make sure it covers your ears. Avoid hats with big pom-poms on top, as it needs to fit under a helmet (and they look dorky).
Sun Hat	Purchase: \$33	1	Ball caps are ok, but consider a full brim hat for better sun protection. We use those really dumb looking desert style hats with the big fabric flap that hangs down over your neck. Better to look silly than get skin cancer...
Sunglasses	Purchase: \$40	1	Make sure you get a strap to hold them around your neck.
Windstopper Fleece Gloves	Purchase: \$25 to \$80	1-2	Good for dexterity and general use. Although they're a bit more expensive, we swear by the Komperdell Alpine Gloves. They're warm, dry, and dexterous.

Footwear			
Item	Price	Quantity	Comments
Rock Climbing Shoes	Bring from Home	2	You'll want two different pairs. One pair should be snug but comfortable enough that you could wear them for a few hours. You'll want these on long climbs. For your second pair, get something a bit more snug and performance oriented. You'll use these for harder, shorter climbs such as boulder problems or single pitch climbs.
Town Shoes	Bring from Home	1	Light hikers or approach shoes, for hiking up to the crag and wearing at night. You might also want a pair of sandals or flipflops for the beach and mucking around town.

Sleeping Gear			
Item	Price	Quantity	Comments
Sleeping Bag	Purchase: \$140	1	Synthetic mummy bag. Nothing fancy. It doesn't get cold, so something rated to 30 deg F (about 0 C) is more than sufficient.
Sleeping Bag Liner	Purchase: \$55	Optional,	When the weather is hot you can sleep in just this. It will also prolong the life of your sleeping bag and keep it much cleaner, not to mention better smelling. Must be silk, not cotton.
Sleeping Bag Compression Stuff	Purchase: \$40	1	We recommend using one of the new silicone coated dry bags with an air release valve,

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Sack			such as the Vargo Driseal bag or Cascade Designs Valve Dry bag.
Foam and Inflatable Mattress	Rent: \$50 for Combo	1 Each	<p>You definitely want both an inflatable mat and foam mat. The foam mat keeps things dry, and the inflatable mat keeps you warm. For a foam mat, we recommend something that compacts pretty well; the best is the Cascade Designs Z-Lite mat, but LMC Alpine Pads and Multi-Mat pads are very good as well.</p> <p>For an inflatable mat, you'll definitely want a light weight, 4 season mat such as the Therm-a-Rest Prolite 4. We've also had good luck with Insul-mats. Bring a stuff sack that both your inflatable mat and foam mat fit inside for ease of transport and to keep dry.</p>

Bags			
Item	Price	Quantity	Comments
Back Pack	Rent: \$80	1	You want a good climbing pack around 55-70 liters for carrying all your gear up to the crag. There are many, many packs that will work just fine. Find one that is comfortable with 30-40 pounds in it.
Duffle Bag	Bring from Home	1	Something big and cheap to store your gear in while you're at basecamp.

Miscellaneous Items			
Item	Price	Quantity	Comments
Head Lamp	Purchase: \$20 Simple Purchase: \$90 Ultra bright	1	<p>There are two different types of lamps you can go for.</p> <p>We recommend a small, efficient lamp for reading, mucking around camp, and so forth. Examples include the Black Diamond Gizmo and Petzl Zipka.</p> <p>For early morning approaches, when you actually want to see what's around you, a brighter (and less efficient) headlamp is called for.</p> <p>The Princeton Tec Apex is both light in weight and EXTREMELY bright. Other good models include the Petzl Myo 5 and Black Diamond Helion.</p> <p>In the end, we also recommend using photo-style Lithium batteries. They last much longer in cold weather.</p>
Trekking Poles	Optional	1	Solid as you can find. Avoid "ultra light" models like the plague. Black Diamond Flick Lock and the Lifelink Variant poles are the most durable we've found.

Waterproof Notebook & Pencils	Purchase: \$10	1	For keeping a journal or notes in class. You will, hopefully, be taking lots and lots of notes over the duration of the course.
Sunscreen	Purchase: \$11	1 Large Bottle	Should be SPF 30+. We recommend something with zinc oxide.
Lip Balm	Purchase: \$2	2	Should be SPF 20+.
Toiletries	Bring from Home	How often do you brush your teeth?	Toothbrush, toothpaste, tampons, contact lens solution, baby wipes etc. A travel sized toothpaste tube is plenty for the expedition.
Water Treatment	Purchase: \$15	45 Liters	On the approach, we treat all our water. Bring enough for about 14 days.
Cup, Bowl, Spoon	Purchase: \$35 includes Mug, Spork and Bowl	1 Each	We recommend a titanium or plastic spork, and a plastic bowl. Don't bring a metal bowl or mug, or your food will be cold long before you get to it.
Leatherman or Similar	Purchase: \$60	1	Leatherman or other knife with useful pliers. Swiss Army Knives: No Bueno.
Water Bottles	Purchase: Nalgene: \$15 Platypus: \$24	2	Wide mouth Nalgene bottle are much easier than narrow mouth bottles, and anything is better than Sigg bottles (small mouth and metal). We generally don't recommend bladder style bags, as they split when they freeze. If you're attached, just know that you've been warned. You'll still need to carry at least one Nalgene bottle as a backup. For those on a budget, large mouth Gatorade bottles work just fine, but don't look as stylely.
Watch with Alarm	Purchase: \$150	1	Make sure it has a loud alarm. A watch with an altimeter/barometer is very useful to keep an eye on the weather trends. We highly recommend High Gear Altimeter watches, as they have a more useful barometer function than most other brands (more on this when we get to the weather class series).
Compass	Provided But Optional Purchase: \$80	1	You'll need a good quality compass with a sight mirror. It must either have a global needle or be balanced for the southern hemisphere. Note that compasses from the northern hemisphere don't work here. We very much recommend the Suunto MC-2 Global, as it works wherever you go, includes a clinometer and adjustable declination.
Extra glasses or contacts	Bring From Home		Just in case.
Passport Copies	Bring From Home		Bring a copy of your passport and two extra passport photos. Just in case...
Small Camera	Bring From Home	1	Please bring bring a big memory card.
Book	Bring From Home	1	Swap with others when you have finished.
Spanish/English Dictionary	Bring From Home	Optional	Can be indispensable at times.
Bandana	Bring From Home	Optional	Can be used as a towel etc
Binoculars	Bring From Home	Optional	Great for wildlife spotting
Personal First Aid Kit	Bring from Home	1	Your guide will carry an extensive expedition

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			First Aid kit. However, you need to bring medications from home, per our First Aid Kit list.
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Women			
Item	Price	Quantity	Comments
Pee Funnel	\$22	1	You will absolutely want this for the days we are roped up and you can't take your harness off to pee. To use one, all your layers must have a fly (underwear you can pull aside). They are marketed as Lady J or Freshette. Practise.
Pee Rag	Bring from Home	Optional	Makes for more pleasant peeing. Bandana is perfect for this.
UTIs	Don't bring from home		If you are prone to getting these please make sure you bring some meds from home with you. A change in hygiene habits can make you more likely to get a UTI.
Tampons	Bring from home	As needed	You can only buy tampax tampons here. So if you're not a fan, please bring a supply from home. Bear in mind that the change of environment may well throw your cycle out, so come prepared, even if you are planning to take the pill to prevent getting your period at all.

Technical and Climbing Equipment			
Item	Price	Quantity	Comments
Harness	Provided But Optional Purchase: \$55	1	You're looking for a harness with a double adjustable waist (2 buckles on the waist belt) so you can keep the belay loop centered no matter your layering system. Adjustable leg loops are also necessary to adapt to different layering configurations. Recommended types include the Singing Rock Allroute, Black Diamond Blizzard, and any of the silly-expensive Arc Teryx ones.
HMS Locking Biner	Provided But Optional Purchase:\$15	4	HMS style biners are better for belaying and rappelling, where rope management and surface area of the carabiner is paramount. Big, not small. Aluminum, not steel. Screw-gate, not auto-locker.
Modified D Locking Biner	Provided But Optional Purchase: \$14	4	Smaller, lighter, good for anchors. Again, go for aluminum and screw gates.
Wire Gate D or Modified D	Provided But Optional Purchase: \$8.50	16	Small D or Modified D shaped carabiners are good for normal use, clipping pro and so forth. These will take lots of abuse. Wire gates are lighter and less prone to sticking when frozen. They also won't "chatter" open and closed if you fall on one, unlike spring gate biners.
Oval Non-Lockers	Provided But Optional Purchase: \$45 for 6	4	Good, old fashioned oval biners are used for more traditional techniques like carabiner brakes and in lieu of lockers (when tripled and opposed). They are also used when aid

ATC	Provided But Optional Purchase: \$28	1	climbing as they won't slip along the spine. The standard belay device for ascent/descent. Newer styles with an autolock feature are very useful when guiding. Examples include the Kong Ghost, Petzl Reverso, and Black Diamond ATC Guide.
Helmet	Provided But Optional Purchase: \$50	1	Your brain is very important. We will wear helmets all the time, everywhere we go, almost without exception. Get one that's comfortable, light, and will last. Plastic shell style ones are more durable than foam, bicycle helmet type ones. Examples include the LMC Combi, Black Diamond Half Dome, and Petzl Ecrin Roc.
Pulley	Provided But Optional Purchase: \$27	1	For tyrolean traverses and rescue scenarios. Get a small, prussic minding pulley. Petzl, CMI, ABC, and Climb High, all make many suitable models. Go small and strong (22 KN+).

Insurance			
Item	Price	Quantity	Comments
Medical and Evacuation Insurance	Call for Quote	1	Just so you don't forget, here's our reminder that you are REQUIRED to have medical and evacuation insurance for the duration of your expedition. We recommend IHI insurance, as they cover mountaineering worldwide, and offer very reasonable rates. If you're from the UK, the British Mountaineering Club also offers very good mountaineering insurance (you have to be a member of The BMC). Prices vary by age and medical history.
Trip Cancellation Insurance	Bring from Home	Optional	This provides protection if you need to cancel at the last minute. Last year, we had a client get a hernia two days before his trip started, and he had to cancel. We couldn't refund his money, being so close to the start date, but his insurance paid him back, every nickel. As such, we as able to re-book on a later expedition and everyone was happy (except, perhaps, for the insurance company).
Trip Interruption Insurance	Bring from home	Optional	This provides protection if you need to leave the course after it has started for any reason. Normally, they refund a pro-rated portion of your tuition. Often these policies also cover equipment, so you're covered if something gets stolen. Check with your insurer.

Group and Technical Gear
<p><u>Group Gear</u> We provide the following gear and you don't need to bring your own.</p>

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- Tents
- Stoves
- Pots/Pans
- Ropes
- Climbing Pro
- Food Bags
- Repair Kits

A Note about Gear Care

Gear is the thing that stands between you and the elements. Out in the field, it is critical that gear works well, so it has to be looked after. We expect some wear and tear but we also expect you to respect our gear. All students will be required to pay a \$200 gear deposit.

Luggage Storage: The Mountain Training School does have storage space available should you have extra items that you want to store at your own risk. Extra gear should fit into a small to medium sized duffle or backpack.

A Final Note About Gear

Remember that gear is an investment in your future happiness. A general rule of thumb is to get the nicest stuff you can afford. That said, there are many places you can save. Most thrift stores have racks of used poly-pro (long underwear) and fleeces. A \$2 fleece is often just as warm as a \$90 fleece. It just smells worse and is probably a funny color. Backpacks are available used on the internet (eBay, Craigslist) and are rarely heavily used. Winter climbing equipment is usually VERY on sale at the end of the winter (up to 50% off at many places), as are gloves, hats, and the like. Wait till mid-spring sales start before you buy and you could save a bundle.

The flip side is that there are some things you should purchase new. Never buy used climbing gear (harness, biners). It's important you know the history of your equipment. Where has it been and what has it done? You need to know because your life, literally, hangs in the balance. Also, synthetic sleeping bags wear out fairly quickly with heavy use (1-2 years max) and are often a bad bet to buy used.

We hope this gearlist is helpful. As we mentioned above, please get ahold of us if you have any questions. We're happy to help. We'll see you in Spain soon!

-Ben, Jaya, and the Mountain Training School Team

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