



JACKSON HOLE MOUNTAIN GUIDES

RED ROCK EQUIPMENT LIST

Classes and Guided Climbs

While Red Rock State Park is effectively located in a desert, depending on the season, we see big variations in temperature. With this in mind it is important to be prepared for a variety of conditions, keeping in mind that in some cases we will be up to 2 hrs from the roadhead.

Footwear

- Approach, Hiking, Running Shoes
Guide Pick:
Salewa Wildfire Pro GTX
- Technical Rock Shoes
- Wool socks - 1-2 pair

Upper Layers

- Short sleeve shirt: Non-cotton is preferable (light in color)
- Fleece or lightweight down sweater-
Guide Pick:
Mountain Hardwear Microchill fleece
- Lightweight Wind Shell
Guide Pick:
Mountain Hardwear Chockstone Jacket
- Lightweight Rain Shell
Guide Pick:
Mountain Hardwear Plasmic Jacket

Bottom Layers

- Synthetic loose fitting pant
Guide Pick:
Mountain Hardwear Chalkstone Mid-weight Active

Backpack –30-40 Liter

- Guide Pick:*
Mountain Hardwear Scrambler 30

Accessories

- Sun hat—baseball or full brimmed
- Water : water bottles/hydration bladder are best
(May-Sept) Minimum 3 liters
(Nov-April) Minimum 2 liters
- Food: Energy bars, fruit, sandwich, bring enough
- Sunglasses
- Sunscreen/Lip balm
- Bandana
- Headlamp - for long routes

Considerations

Warm weather - (May-Sept) - The sun is intense and hydration is vital. Hydrate the night before your climb. Freeze or put ice cubes in your water. Light colored, loose fitting clothes will help keep you cool.

Cold weather - (Nov - April) - Bring gloves and a warm hat that will fit under your helmet. Bring extra layers like long underwear and a heavier winter jacket to keep warm when the sun ducks behind clouds or the canyon walls.

If you have any questions about gear and preparation please call the office or contact your guide.



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