

## MULTI-DAY SUMMER CLIMBING EQUIPMENT LIST

Jackson Hole Mountain Guides supplies all the rock climbing gear, harnesses, helmets, locking carabiners & belay/rappel devices, crampons, and ice axes. However, you are welcome to bring your own equipment. Please coordinate with our office for gear checks. Backpacks, rock shoes, and boots can all be rented & purchased in our Jackson office.

For your safety and comfort, bring synthetic and or natural fiber clothing for insulation. Cotton is NOT recommended and down must be kept dry. Clothing should be able to layer without encumbering movement. Early and late season temperatures require warmer clothing. You may consider additional clothing if you get cold easily or if it is unusually cold or windy (see cold weather considerations).

Have gear questions? We're here to help! Contact us at 307.733.4979 or info@jhmg.com.

### FOOTWEAR

Objective Dependent - Salewa footwear is available at Jackson Hole Mountain Guides for rent. JHMG also carries a selection of Five Ten Rock shoes for rent.

- Sticky Rubber Approach Shoes: required for all mid-summer climbs. Trips before early July require a crampon compatible mountain boot - Guide Pick: Salewa Mountain Trainer or Salewa Wildfire GTX
- Rock Shoes for technical rock routes
- Socks, 2 pair: sized for your boots and blister prevention

### UPPER LAYERS

- Synthetic/Wool Long Underwear Top
- Synthetic T-shirt - Guide Pick: Mountain Hardwear Wicked Light T
- Insulating Jacket: lightweight down or synthetic - Guide Pick: Mountain Hardwear ThermoStatic Jacket
- Soft Shell: fleece or pile
- Rain Jacket: waterproof/breathable with hood. Guide Pick: Mountain Hardwear- Plasmic Jacket

### BOTTOM LAYERS

- Synthetic/Wool Long Underwear Bottom
- Hiking Short or Pant for approach - Guide Pick: Mountain Hardwear - Chockstone Midweight Short
- Synthetic Climbing Pant - Guide Pick: Mountain Hardwear- Chockstone Pant
- Rain Pant - Guide Pick: Mountain Hardwear Plasmic Pant

### ACCESSORIES

- Hat: lightweight to medium weight warm hat - sleek enough to be worn under a helmet
- Gloves: one lightweight to medium weight pair - synthetic or fleece material. If snow route, shell also recommended.
- Gaiters: only until mid-July

### ON THE TRAIL

- Alpine Climbing Pack - Guide Pick: Mountain Hardwear- Diretissima 46. Internal frame only. 45 to 55 L for 2 day trip. 50 to 60 L for 4 day trip. Large enough to fit all your personal gear plus ten pounds of food and water. Some trips will require additional Summit Pack for Technical Rock Climbs - Guide Pick: Mountain Hardwear Scrambler 30
- Sleeping Bag: 15 degree - Guide Pick: Mountain Hardwear Lamina
- Sleeping Pad: Closed-cell foam or Thermarest
- Sleeping Bag Liner
- Water Bottles (2-3 L/Qt.) or H2O hydration system
- Water Treatment tablets
- Lightweight Bowl
- Insulated Mug
- Spoon and Fork
- Stuff Sacks: zip lock bags
- Dark Sunglasses
- Extra Contact Lenses
- Sun Hat or Visor
- Sunscreen (35+SPF)
- Lip Balm
- Insect Repellent (until early August)
- Headlamp and Fresh Batteries
- First Aid - minimal: blister care, analgesic, etc.
- Lunch, snacks & drink mix.
- Misc Items: minimal: light knife, camera, bandana, camp suds, wash cloth, etc.

### RECOMMENDED & OPTIONAL ITEMS

- Trekking Poles
- Camera and batteries, spare memory card
- Insoles: custom or after market
- Bear Spray
- Camp Shoes - lightweight

### COLD WEATHER CONSIDERATIONS

- Balaclava or neck gaiter
- Extra down vest or jacket
- Expedition weight long underwear
- Extra gloves

