



Gear List for Rock Climbing



We are psyched for a day of rock climbing with you! Please dress comfortably, but appropriately for the mountains. The right gear will help ensure you have a great day climbing. So, avoid cotton--it absorbs water and stays wet, which can be at best uncomfortable, but at worst downright dangerous. Consider lightweight wool or synthetics like polypro base layers and underwear. We partner with Rab apparel and have suggested a few of their pieces to give you an idea of what we're wearing.

Gear	Suggestions
Backpack, 20L min	Try fitting everything inside, rather than strapping items on the outside
Approach shoes	Comfortable, with a good sole (SCARPA Crux or Salewa Wildfire Pro)
Rock climbing shoes	Rentals available at Neptune Mountaineering (303.499.8866)
Harness	Rentals available from Vetta or Neptune Mountaineering
Helmet	Rentals available from Vetta or Neptune Mountaineering
Rappel/belay device	Rentals available from Vetta or Neptune Mountaineering
Nut tool	Rentals available from Vetta or Neptune Mountaineering
Waterproof jacket	Rab Flashpoint (6 ounces!)--make sure your jacket has a hood.
Sunscreen and lip balm	It's bright out there!
Food and water	Two liters of energy drink, assorted bars and food
Personal items	Please note Vetta does not dispense <i>any</i> medications
Sun shirt	A comfy shirt with UPF and a collar (to protect your neck)
Long pants	Comfortable, synthetic material, like a Rab Fulcrum pant
Shorts	Great for approaches! Check out Rab's Vertex short
Fleece or down top	A lightweight mid-layer or " micro-down " layer for the cold
Ball cap	A packable, foldable ball cap is great sun protection under your helmet

We love the folks at Neptune Mountaineering, if you're in Golden, check out the Bent Gate (1313 Washington Ave, Golden, CO 80401, 303.271.9382); or in Denver, visit Wilderness Exchange (2401 15th St #100, Denver, CO 80202 303.964.0708).