

RED ROCKS CLIMBING CLASS EQUIPMENT LIST

Jackson Hole Mountain Guides supplies all the rock climbing gear, harnesses, helmets, locking carabiners, and belay/rappel devices. 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 and purchased in our Jackson office.

Mountain weather can change on a dime. It is important to be prepared for any eventuality of weather. If you are unsure about conditions, please contact us. 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.

- **Warm Weather** - (May-Sept) The sun is intense and hydration is vital! Hydrate the night before your climb/ hike. Consider freezing your water bottles or putting ice in them. Light colored and 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 dips below the canyon walls.

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

FOOTWEAR

- Sticky Rubber Approach Shoes, Running Shoes or Hiking Shoes: Guide Pick: Salewa Wildfire Pro GTX
- Technical Rock Shoes
- Socks: 2 pairs - preferably wool

UPPER LAYERS

- Synthetic T-shirt - Guide Pick: Mountain Hardwear Wicked Light T (light in color)
- Fleece or Lightweight Down Sweater - Guide Pick: Mountain Hardwear Microchill Fleece
- Lightweight Wind Shell - Guide Pick: Mountain Hardwear Chockstone Jacket
- Rain Jacket: waterproof/breathable with hood. Guide Pick: Mountain Hardwear Plasmic Jacket

BOTTOM LAYERS

- Synthetic Climbing Pant - Guide Pick: Mountain Hardwear Chockstone Midweight Active Pant

ACCESSORIES

- Backpack: 30-40 Liter - Guide Pick: Mountain Hardwear Scrambler 30
- Sun Hat: baseball or full brimmed
- Water: bottles or hydration bladder: (May-Sept) Minimum 3 Liters/(Nov-April) Minimum 2 Liters
- Food: energy bars, fruit, sandwiches, trail mix. Bring enough!
- Sunglasses
- Sunscreen/ Lip balm
- Bandana
- Headlamp (For long routes)

