

SINGLE 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

- Back Pack: internal frame 35 Liter capacity (2000 cu in)
- Guide Pick: Mountain Hardwear Via Rapida 35
- Water Bottles (2-3 L/Qt.) Or H2O Hydration system
- Dark Sunglasses
- Extra Pair Contact Lens
- Sun Hat or visor
- Sunscreen (35+SPF)
- Lip Balm
- Insect Repellent (until early August)
- Headlamp, Fresh batteries
- First Aid: minimal - blister care, analgesic, etc.
- Lunch and Snacks
- Bear Spray (if advised)

RECOMMENDED & OPTIONAL ITEMS

- Trekking Poles
- Camera and batteries, spare memory card

COLD WEATHER CONSIDERATIONS

- Down Jacket or Vest
- Medium Weight Long Underwear

