

# Equipment & Clothing: Technical Alpine Rock Course



Use the check list to ensure you bring along the gear specific to your trip. Try to let us know what you need to rent as soon as possible **before** you arrive. Get in touch if you have any questions.

1. Equipment provided free of charge	Bring ✓	Borrow ✓
Ice Axe (provided if required)		
Crampons (provided if required)		
Helmet		
Harness - with plenty of gear loops		
Belay Device		
Prusiks x 3 (1 long, 2 short), Sling x 2 (1 long, 1 short)		
Karabiners: large screw-gate x 3, snap-link straight gate x 5		

Use our gear free of charge, or bring your own

Calculate your approx. rental cost below - based on 9 days.

2. Equipment and Clothing for rent	Bring ✓	Rent ✓	Cost/day	x # days	Total
Mountaineering Boots			15		
Sleeping Bag - 3 season bag			15		
Backpack, 60+ litres			7		
Bivouac Bag			7		
Sleeping Pad			1		
Hiking Poles / each (optional)			5		
Storm Jacket			10		
Overtrousers (full length leg zip if possible)			10		
Insulating Jacket (hooded Primaloft jacket)			10		
Rock shoes - comfortable fit essential			5		
Gaiters			5		
Total estimated rental cost					

## Prusiks

Prusiks are 5-6 mm width nylon kernmantle cord, or spectra. We recommend carrying 2 short and one long prusiks for most situations.

- A short prusik loop is “nose to navel” length when tied
- A long prusik “navel to ground” when tied

## Slings

You need at least 2 slings:

- “Long sling” is approx 4 metres before tying off
- “Short sling” is approx 3 metres before tying off

We use 16 to 20 mm width tubular tape in our rental stock. This resists abrasion well, especially when anchoring/belaying off alpine rock. If you bring your own slings (especially pre-stitched slings) 12mm tape will suffice. These should be rated to 22KN or better.

[See the “Pre-trip Info” section of our website for info about seasonal weather variations, and how to select your clothing.](#)

[For detailed info on gear and how to select your clothing see the “Gear Guide” on Alpine Guides website.](#)

# Equipment & Clothing: Technical Alpine Rock Course



Use the check list to ensure you bring along the gear specific to your trip. Try to let us know what you need to rent as soon as possible **before** you arrive. Get in touch if you have any questions.

## 3. Required Personal Equipment (not available to rent)

- Day pack approx 20-30 litres,
- Headlamp
- Cordelette - 5.5 metres of 5.5mm spectra/dyneema or similar
- 120 cm sewn sling
- Sunglasses - good quality wrap-around
- Water Bottles 2 x 1 litre widemouth (Nalgene)
- Water bladder system
- Waterproof pack liner
- Plastic survival bag (or bivouac bag)
- First Aid Kit - basic kit, incl blister tape
- Toiletries, including toothbrush sun screen and lip cream
- Leatherman or Swiss tool
- Drinking mug

## 4. Required Personal Clothing (not available to rent)

- Underwear (2 sets)
- Socks (3-4 pairs for your mountaineering boots) a thin pair can be worn with your rock shoes
- Thermal underwear: 2 x tops, 1 x pants
- Mid-weight fleece jersey/soft shell jacket
- Insulating jacket: down, synthetic, or fleece (we rent synthetic jackets)
- Warm hat
- Climbing trousers: soft-shell are ideal. Light weight trekking pants (worn over thermals) are okay - they must be quick drying
- Waterproof warm gloves x 1 pair - leather gloves are good for rope work
- Light-weight (polypro) gloves x 1 pair
- Sun Protection: baseball cap or legionnaire hat, scarf / neck gaiter (buff) and "glacier shirt"
- Hut footwear - running shoes or sandals / holey soles (must be lightweight)
- Small pack towel (if you like to wash) or just a towel for use at Unwin Lodge

## 5. Optional Gear (not essential - but recommended)

- Telescopic hiking pole - bring one
- Shorts
- Bring any technical rock gear you have including karabiners, quick-draws, natural pro, and so on
- Ear plugs - people love snoring in the mountains

Alpine Guides will provide ropes any additional snow and ice gear, if necessary, for the selected venue.

[For info about seasonal weather variations to help select your clothing and sleeping bag, see the "Gear Guide" section of Alpine Guides website.](#)