

Elliot Gaddy

Gaddy Guiding LLC

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Rock Climbing Gear List

Personal Gear:

- **Running or approach shoes** to get to the climbing. Guides favorite: La Sportiva TX3
- **Rock climbing shoes** pick shoes comfortable enough to wear all day, not ones fit tight for bouldering. Guides favorite: La Sportiva TC Pro
- **Warm hat/Sun hat**
- **Waterproof shell jacket** because rain can happen.
- **Insulating layers** a couple layers for the upper body (fleece, down, synthetic) No cotton
- **Synthetic base layer** t-shirt is a good base layer, shirts without shoulders can lead to abrasion while climbing
- **Synthetic climbing/hiking pants** decent for abrasion on rock, bushwacking, sun and bug protection.
- **Lunch food** (snacks that are easy and quick to eat are preferred, sandwiches also taste good)
- **1-2 Liters of water/sports drink** Guide favorite: NUUN energy electrolyte tabs
- **Headlamp**
- **Sunglasses**
- **Sunscreen**
- **Backpack** 25-30 liter capacity (able to carry all the above gear) Guides favorite: Black Diamond Blitz 28
- **Optional:** Camera, rappel gloves, shorts, crack gloves, trekking poles, sun hoody

Available from Elliot:

If you have your own, please feel free to bring it

- **Helmet** must be approved for rock climbing. Guide favorite: Petzl Sirocco and Meteor
- **Harness** designed for rock climbing and mountaineering. Guide favorite: Petzl Sitta
- **2 Locking Carabiners** Guide favorite: Petzl Attache
- **Belay/Rappel device** Guide favorite: Black Diamond ATC, Petzl Reverso
- **Tether/lanyard** Guide favorite: Petzl Connect Adjust