

# Rock Rescue Equipment List

It is your responsibility to show up prepared for a trip. Your actions can limit the expedition's ability to meet the objectives of the trip. Make sure all of your equipment is in good working order. If you don't have the gear, get creative! Rent and borrow the gear until you know what you want. Please do not bring cotton for insulation.

Kaf Adventures will provide all group climbing gear. It is your responsibility to bring everything that is listed below.

Optional gear is marked (o)

## Climbing Equipment

- Helmet
- Harness
- Climbing shoes
- Auto-blocking belay device (like Black Diamond ATC Guide or similar)
- 5 locking pear shaped carabiners
- 6 non-locking carabiners
- 3 shoulder length (24") sewn runners
- 2 double-length (48") sewn runners
- 2 x - 20' cordelette, 6-7mm cord
- 2 prusik cords
- Chalk and chalk bag (o)

## Personal Equipment

- Backpack: 30-50L capacity (large enough to fit all gear and be hands free when hiking)
- Water Bottles, with at least 2 liters of capacity (can be camelback style)
- Toiletries; with a ziploc for any waste
- Headlamp and extra batteries
- Sunscreen; SPF 30 or more
- Lip balm
- Personal medications
- Lunches & snacks

## Clothing

- Stretchy, comfortable softshell pants (windproof or resistant is recommended)
- Mid-weight sweater/vest (fleece or wool)
- Parka or puffy style jacket (synthetic or down)
- Rain jacket with hood
- Rain pants
- Sun hat with brim
- Gloves, leather work gloves (o)
- Outdoor shoes or boots (no sandals, closed toed shoes only)
- Sunglasses
- Wind-breaker + pant (o)
- Neck gaiter/buff

## Miscellaneous Equipment

- Note pad/pencil
- Camera (o)
- Candle (o)
- Watch (o)
- Goggles (o)
- Half foam pad to sit on (o)
- Shorts/t shirt (o)
- Extra stuff sacks (o)
- Bandana (o)
- Trekking Poles (o)