

Rock Climbing Equipment List

COE and its Guides will provide a Harness, Helmet, Belay Device, Ropes and Locking Biners for your adventure with us on the Rock. We will try to provide rock shoes but we have limited sizes available. If you have your own personal climbing equipment feel free to bring it and allow your guide to inspect it before your outing.

For Your Stay at the Sheiling Mountain Lodge

- Sleeping Bag/Pillow **Linens and duvets available for an additional \$10**
- Toiletries, towel, toothbrush
- Slippers/Shoes for inside the lodge
- Bathing suit
- Beer, wine or spirits, Nordegg has a small liquor store

Clothing

- T-Shirt - cotton for warm weather, synthetic for multi-pitch or cool weather
- Climbing Pants - loose fitting, cotton for warm weather, synthetic for multi-pitch or cold
- Insulation Layer Top - pile (fleece), light synthetic fill or wool sweater/jacket
- Waterproof Layer Top - waterproof breathable or coated nylon jacket
- Waterproof Layer Pants - waterproof breathable or coated nylon pants
- Sun Hat
- Toque - wool or synthetic
- Light Gloves - wool, synthetic or leather
- Belay Jacket (optional) - warm down or synthetic jacket for hanging/belaying in the cold

Personal Equipment

- Pack
- Water Bottle
- Lunch
- Sunglasses
- Sunscreen and Lip Cream
- Pocket Knife

Climbing Equipment

- Helmet
- Harness
- Belay Device
- Locking Carabiner
- Rock Shoes
- Approach Shoes
- Chalk Bag

Team Equipment **These items will be provided by your guide/instructor as needed**

- Rope(s)
- Climbing Rack - nuts, cams, quickdraws, carabiners, etc.
- Pitons and Hammer - optional depending on route
- Slings - single and double length
- Cordalettes
- First Aid Kit
- Route Book/Description
- Nut Pick