



# COLORADO ADVENTURE GUIDES

HIKE • BIKE • SKI • CLIMB • LEARN

## Rock Climbing Equipment List

Below is a list of required and recommended equipment for your adventure. Dressing properly and having the correct equipment will help Colorado Adventure Guides provide a safer and more fun experience for your group. Though we cannot control the weather, we can make sure that you are prepared for whatever conditions we encounter in this mountain environment. Remember, the weather can change quickly and drastically.

Our guides recommend wearing technical clothing on all higher level (4 & 5) hikes, but is never a bad idea regardless of which activity you participate in. Technical clothing (polypro, merino wool, etc) is designed to help regulate body temperature and keep perspiration off of the skin. Not only is it safer, it dries faster, and is much more comfortable during exercise. When possible, please try to avoid wearing cotton like hoodies, denim jeans, cotton socks, etc.

Colorado Adventure Guides strives to be as environmentally conscious as possible. We strongly urge you to bring your own hydration system or Nalgene bottles and fill them before heading to the trailhead. This reduces plastic pollution and the chance of accidentally leaving litter behind. Plus, our water is fresh and delicious up here in Summit County!

### Recommended Clothing

- Lightweight waterproof shell jacket
- Nylon pants and/or climbing/alpine pants
- Quick drying t-shirt
- Light fleece jacket or down shirt
- Lightweight hiking shoes

### Food and Water

- Lunch (not included, but can be arranged if needed)
- Snacks
- Liter of water

### Accessories

- Backpack (about 20L volume)
- Sunglasses
- Sunscreen
- Brimmed hat or visor

- Bug repellent\*
- Lip balm
- Camera\*

Feel free to contact Colorado Adventure Guides with any questions regarding equipment via email at [abe@cbstadventures.com](mailto:abe@cbstadventures.com). If you are in need of any last minute gear after you have arrived in the county, you can find everything you need at one of our favorite shops:

Breckenridge: Mountain Outfitters, 112 S. Ridge St (970) 453-2201  
Dillon: Wilderness Sports, 701 E Anemone Trail (970) 468-5687