



AMGA Single Pitch Instructor Equipment List

CLOTHING

- Synthetic/ Wool Sun Hoody
- Synthetic T-shirt
- Insulating Layer (weather dependent)
- Rain Jacket
- Rain Pants
- Shorts
- Climbing Pants

FOOTWEAR

- Approach or Hiking Shoes
- Rock Shoes

ACCESSORIES

- Belay / Rappel Gloves - Leather palms work best
- Backpack (25-35L capacity)
- Water Bottles (1.5-2 quart capacity)
- Sunglasses
- Extra Pair Contact Lens (if you wear them)
- Sunscreen & Lip Balm
- Insect Repellent
- Lunch and Snacks
- Camera

TECHNICAL EQUIPMENT

- Harness UIAA / CE Certified, fewer than 10 years old and in good condition
- Helmet UIAA / CE Certified, fewer than 10 years old and in good condition
- Standard tradition rack consisting of one full set cams and one full set stoppers
- 6-10 24" and 48" sewn slings with at least one 48"
- 10+ non-locking carabiners
- 3+ HMS or Pear-shaped locking carabiners
- 6+ locking carabiners
- Tube-style belay device such as Reverso or ATC
- Mechanical Assisted Braking Device such as GriGri or Lifeguard
- 2 3 foot pieces of 6mm accessory cord
- 2 18 foot pieces of 7mm accessory cord
- 50-60m single-rated dynamic rope suitable for leading and top rope climbing
- 20+m static rope 9-11mm in diameter

All gear will be inspected on the first morning of the course and should be in good condition. Mark all of your gear!