

**TIMBERLINE MOUNTAIN GUIDES**  
**EQUIPMENT LIST FOR ALPINE ROCK CLIMBS:**

**Please make sure you bring all the items on the equipment list.  
We have selected these items with great care to give everyone the  
best chance of staying dry and warm. The weather can be stormy  
at any time of year.  
Please call us if you have any questions: 541-312-9242.**

**CLOTHING:**

Light or medium weight long underwear top-polypropylene or capilene  
Light or medium weight long underwear bottoms-polypropylene or capilene  
T-shirt  
Fleece jacket or wool sweater  
Waterproof/breathable (Gore-tex or equivalent shell jacket with hood)  
Synthetic pants (examples: nylon or schoeller fabric)  
Shorts  
Warm Fleece or Wool Hat  
Sun Visor or Ball Cap  
1 pair medium weight gloves (fleece or rag wool work well)

**PERSONAL GEAR:**

2 1 liter water bottles  
Sun block & lip crème (SPF 15 or more)  
Toilet paper  
Sunglasses  
Day pack (approx 3,000 cu. in.)  
Headlamp with fresh batteries and spare bulb (needed for all climbs)  
Lunch and Snacks for each day  
Ski/Trekking poles (optional/recommended)  
Hiking boots

**TECHNICAL CLIMBING GEAR:**

Rock climbing shoes (available to rent from TMG, \$5/day)  
Climbing harness (provided by TMG)  
Helmet (provided by TMG)