

Rock Climbing

Gear List:



Smith Rock near Bend, Oregon



Traditional Rock Climbing Shoes

The shoes' requirements are similar to the one of the Sport Climber.

Sport Climbing Shoes

Beginners should choose lace up climbing shoes since these have thicker soles. Many climbers recommend that you choose your Rock Climbing shoes 1 to 2 sizes smaller than the size you would normally wear, but as a beginner, you do need to make sure you still feel comfortable with it.

Lace Up Shoes Price: \$90 to \$120 Life Span: 1 - 2 years

Advanced climbers can go for slippers. Slippers have thinner soles and make you feel the rocks more than lace up shoes. Slippers Price: \$110 to \$155 Life Span: 1 year



Traditional Climbing Rope

A Traditional Climber's Rope is similar to the one of the Sport Climber (see below). In addition, a dry treated Rope would be practical, as you might climb in wet weather conditions.



Sport Climbing Ropes

Since the Rope of a Sport Climber undergoes a lot of stress, quality is very important. No matter what type of climber you are, you should always check that your rope is UIAA-rated. Always use single Ropes between 10.5mm and 11mm in diameter. The length of the rope should be at least 50 meters, since many new sport routes feature anchors 30 meters off the deck. A dry-treatment is not necessary. But in order to protect your Rope against chemicals, dirt, and the sun, a Rope Bag is very useful. This extends the life of your rope by many pitches. Price: from \$140 to \$240 Life Span: 1-3 years



Traditional Harness

Your Harness should fit over any sort of clothing you plan on climbing in. Traditional climbs involve a lot of scraping around in cracks and chimneys and hanging belays, so avoid lightweight sport Harnesses. You'll want waist loops for racking gear. Price range: \$40 to \$100.

Sport Climbing Harnesses

Choose a lightweight Harness with a Belay Loop and two to four Gear Loops. Padding is fine, but it is not really necessary. Sport Climbing only makes you stay in your harness for a maximum of 10 minutes. Price: \$55 to \$100 Life Span: 2-3 years



Helmet

Buy a good quality Climbing Helmet that is either (or both) UIAA or CEN certified.
Price range: \$40 to \$85.

Belay Devices and Locking Carabiners



As a beginner, you should choose a Belay Plate with an Autolocking Carabiner that has a very firm brake action, but still allows your Rope to feed quickly in and out. If you start to climb more often, you can opt for a self-locking Belay Device. This device is not suitable for beginners, as the Rope tends quite often to jam in this device if not properly used. Belay Device price range: \$10 to \$20 (life span: 10 yrs.)

Autolocking Carabiner price range: \$15 to \$25 (life span: 10 yrs.) Self-locking Belay Device price range: \$75 and up (life span: 10 yrs.)

Rack

Start off by buying the *passive protection*. These solid, non-moving Nuts and Hexes can be wedged in the rock, and stay in exactly where you put them. These are both very lightweight and inexpensive.

Then, your *active protection* that literally works for you by expanding and gripping the rock harder when pulled outward should consist of a variety of devices fitting cracks from about a half-inch to five inches. There are lots to choose from in terms of brand and style, so do some research.

A typical starter's rack consists of:



Slings - 6 over-the-shoulder slings of 1.5 cm webbing and a length of 1.20 metres
Dyneema slings are lighter, less bulky, and easier to knot than nylon slings. However they are a bit more expensive.



Quickdraws - 6 quickdraws of 15 cm

Quickdraws which are 15 cm are perfect for trad and sport climbing. 10cm are a bit too short for trad climbing and 20cm are a bit long and dangly. Avoid cheap ones with poor gate action. Quickdraws in all sizes and types.

HMS Carabiners - 2 HMS Carabiners

One can be used with the belay device and the other is useful for constructing belays.



Screwgate Carabiners - 6 Screwgate Carabiners

These will be used to make belays. When buying Carabiners, do note the gate opening. This should either not be too wide and not too narrow. Narrow screwgates are more difficult when clipping in the rope.



Wires - A set of Wires (1-10)

For easier handling, the wires should be racked together on two snapgates. When buying Carabiners, note the gate opening; the opening should not be too wide and not too narrow. Narrow screwgates are more difficult when clipping in the rope.



Camming Devices - 2 or 3 Camming Devices (size 1.5 and 2.5 or size 1, 2 and 3)

Go for Camming Devices with a flexible stem and high passive strength such as Wild Countries Tech Friends or Camalots.



RockCentrics - 3 RockCentrics e.g. size 5, 7, 9 on Dyneema

The slings should be doubled and then clipped onto a snapgate carabiner for easier handling.

Eventually, you may end up with a full rack that could look like this:

- 3 x screwgate Carabiners (2400 kg or above)
- 25 - 35 Snap Gate Carabiners (2400 kg or above)
- 10 - 15 Quickdraw Slings of different sizes (10, 15 and 30 cm)
- 2 x 4 ft Circumference Slings (20 or 25 mm tape)
- 1 x 8 ft Circumference Sling (20 or 25 mm tape)
- 1 - 2 Complete sets of Nuts on wire
- 3 - 6 Pieces of larger protection (i.e. sizes 6, 8 and 10 hexes) and / or Camming Devices (i.e. sizes 1, 2 and 3 friends)
- 2 - 6 Microprotection (specialist use only)
- 2 x Prusik loops
- 1 x Nut key

Remember that an ideal rack is a matter of personal preference and depends on the areas climbed and experience.

