



## **Alpine Rock Equipment List**

MMA will supply all of the technical gear needed for the program. In addition, MMA will provide a backpack to carry your gear. You are welcome to use your own gear as long as it is approved by the instructor. Below is a list of items not supplied by MMA. Remember, the weather can change dramatically when mountaineering so be prepared with warm clothing made with wicking materials: do not wear cotton!

### **NECESSITIES**

Synthetic or wool top

Polar fleece or Prima-loft sweater or jacket

Lightweight Gore-tex or similar waterproof and breathable wind shell top with hood

Schoeller or similar breathable pants; or lightweight nylon pants

One pair of lightweight spring gloves: wool, Schoeller or similar breathable material

Synthetic or wool hat that can cover the ears and fit under a helmet

Trail or running shoes

Synthetic or wool socks

1 to 2 liters of water in sturdy leak-proof bottles (Nalgene)

Lunch: high energy food with lots of calories

Headlamp or flashlight

### **OPTION ITEMS**

Shorts that fit under pants for the hike in

Camera

If you have any questions please contact MMA  
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