



## EQUIPMENT CHECKLIST FOR SCHOOLS, GRAND TETON PREP, CUSTOM & FAMILY CLIMBING, AND DAY CLIMBS

*Our day-long climbing and instruction takes place away from facilities and can last from early in the morning until late in the afternoon. In addition to course-specific equipment, you will need items to get you through the day such as food, water, sunscreen and rain gear to protect yourself should weather set in.*

### ESSENTIAL ITEMS

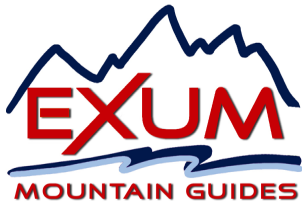
- **Waterproof rain jacket** is required regardless of time of year or weather forecast. Brief rain showers are common in the afternoon. No rain ponchos. A jacket equivalent to the Arc'teryx Alpha FL jacket is ideal – lightweight and waterproof.
- **Fleece jacket, pullover, sweater, or other layer** for warmth regardless of weather forecast.
- **Lightweight pants or long shorts** – jeans and sweatpants are not recommended.
- **T-shirt** – cotton is fine in nice weather. Some prefer to wear a long sleeved “sun hoody” for sun protection.
- **Athletic socks** that will not slip down into your shoes.
- **Gloves for rappelling** – 100% cotton or leather – NO polyester. Cotton work gloves suitable for rappelling are available at the Exum office.
- **Two large reusable water bottles** per person, 1-liter each, or a Camelback and one water bottle.
- **Lunch and snacks** that are high energy, easy to eat, and heat tolerant.
- **Sunglasses, sunscreen, lip balm and a hat** for sun protection.
- **Day pack** that is large enough to carry all of the above items.
- **Approach shoes** - Approach shoes are light hiking shoes with climbing shoe “sticky rubber” soles. For advanced climbs, we will wear traditional slipper style rock shoes where appropriate, however, the downside of rock shoes is that they get very uncomfortable when worn for an extended length of time. Thus, for most of what we do in the Tetons, it is much more comfortable, safer and far more efficient to wear approach shoes. This includes all schools (except snow schools), all training days, all family days, all peak ascents and the Grand Teton itself. You can rent these from us or from the local mountaineering shops in town. Approach shoes should fit comfortably because you will be wearing them all day. If you have your own approach shoes or wish to purchase approach shoes elsewhere, please call the Exum Office first to be sure that the shoe will be appropriate. Many shoes marketed as approach shoes DO NOT have the required sticky rubber composite on the soles. We don't want you to purchase shoes that may not work well in the Tetons.

### RECOMMENDED ITEMS

- **Waterproof rain pants.**

### OPTIONAL ITEMS

- **Custom orthotics** to be used in approach shoes.



## EQUIPMENT CHECKLIST FOR SCHOOLS, GRAND TETON PREP, CUSTOM & FAMILY CLIMBING, AND DAY CLIMBS

### ADDITIONAL ITEMS FOR DAY CLIMBS

#### ESSENTIAL ITEMS

- **Everything listed above** as essential for schools.
- **Appropriate shoes** for the climb you are doing. We will help you determine whether you need approach shoes or climbing shoes or mountaineering boots. You can rent these from us or from the shops in town.

#### RECOMMENDED ITEMS

- **Waterproof rain pants.** Recommended/optional for climbs in the valley, particularly if the weather forecast is favorable. Essential for peak ascents.
- **Fleece gloves and ski hat** for cooler days/early mornings. Recommended for valley climbs. Essential for peak ascents.
- 

#### OPTIONAL ITEMS

- **Custom orthotics** to be used in approach shoes.
- **Water purification method:** tablets, SteriPen, iodine or filter.