



Required Gear:

- Wetsuit* (full suit; 3+ mil, or a sleeveless suit with layers and dry top)
- Drysuit* with warm top and bottom layer
- Neoprene Booties (with soles, or neoprene socks *and* good fitting water shoes)
- Helmet
- PFD (Type III or Type V special use* Preferred Option)
- Neoprene gloves
- Whistle
- Knife

* *Either option is fine. You do not need to bring both. We will be spending a lot of time in the water. You want to be warm and comfortable.*

Recommended Gear:

- Throw bag – minimum 50ft. of rope
- 3 - locking carabiners. Large oval (Munter compatible) are preferred
- 2 - prusiks of 6mm or 7mm cordelette / accessory cord, approx. 36" long and 54" long
- 15 feet of 1" tubular nylon webbing
- 2 - pulleys
- Mesh bag for personal gear storage
- Notepad and writing utensil
- Sunscreen
- Chair and comfortable clothes for the dryland portions of the day.

** As a guide or safety professional, you should own the above listed items. It is best to train and become proficient with the gear you own.

Clothing Recommendations:

Be prepared for outdoor classroom settings, (possible warm, cold, wind, rain...). Layers are best!

- Long underwear tops and bottoms
- Fleece vest, top, warm jacket
- Waterproof jacket and pants (rain gear)
- T-shirts
- Hat, visor
- Quick dry pants
- Gloves
- Hiking shoes or tennis shoes
- Synthetic socks

Instructor Provides:

- Group Gear to build mechanical advantage systems, 200' Floating Rope, Extra webbing, prusiks and carabiners.

Synthetic – think fleece, capilene, thinsulate, pile, under armor, etc. Cotton does not dry quickly and does not keep you warm when it is wet. Be prepared for all types of weather!

Food: Food and water are not provided. Please come prepared for long days with the proper amount of food, water and high energy snacks.