

RECOMMENDED CLOTHING AND EQUIPMENT FOR ROCK CLIMBING ACTIVITIES

Recommended clothing and equipment for rock climbing activities for guides and participants:

Climbing equipment and personal technical clothing:

- ✓ Comfortable clothing (quick drying and UV protection recommended).
- ✓ Sun hat/Cold hat.
- ✓ Climbing helmet.
- ✓ Climbing harness.
- ✓ Climbing shoes or climbing shoes.
- ✓ Magnesium.
- ✓ Magnesier.
- ✓ Toe strap.

Technical equipment for the climbing group (included in all programs: Full, Basic, Tailor Made):

- ✓ Certified (UIAA) 70 meter Climbing Ropes - 9.7 mm. and 10 mm.
- ✓ Rope bag.
- ✓ Belay gloves.
- ✓ ATC / GRIGRI PETZL.
- ✓ Flat webbing.
- ✓ Express webbing.
- ✓ 2 carabiners HMS.
- ✓ 3 basic carabiners.
- ✓ Maillon.

!REMEMBER!

- ☑ Group technical equipment is included in all our Full, Basic and/or Tailor-Made programs. In the case of the basic programs, participants can bring their own personal technical equipment (after checking with our guides), although it can be included as an additional item to the value of the program.
- ☑ In any case, this technical equipment is specified in each program sent to our customers.