

# Hampshire College OPRA Equipment List

## One Day Rock Climbing

The following is the equipment list for your course. If you have any questions regarding this list, feel free to contact your course instructor. Your comfort and safety in this program will depend on your having the proper clothing and equipment.

Delicate items, such as medications or cameras, should be packed in waterproof containers. Make sure all your belongings are well marked. Please notice that the equipment list may include specialized items. Before you buy, be sure to check in with the instructor(s) for your course, they often have plenty of extra gear and are happy to lend it out.

\*Items are available/provided from the OPRA equipment room

\$Items may be purchased from OPRA equipment room

### **PACKING**

Large day pack, approximately 2500 to 4000 cubic inch capacity\*

### **HEADWEAR**

Lightweight wool or fleece insulating hat

Helmet\*

### **TORSO**

Extra insulating layer such as fleece shirt or vest

Waterproof / breathable rain shell (jacket)\*

Casual cotton shirt

### **LEGS**

Waterproof / breathable rain pants\*

Casual cotton pants that allow freedom of movement

### **FEET**

Sneakers or lightweight hiking boots

Climbing shoes\*

### **PERSONAL GEAR**

Packable, high energy snacks and lunch

Water bottles or hydration system, at least 2 liters (i.e. Nalgene bottles or Camelbak)\$

Medications, bring an extra set sealed in waterproof container

Camera & film in waterproof case, if you get a good shot we might use it in our catalog

### **TECHNICAL EQUIPMENT**

Harnesses\*

Belay Device\*

## **CLOTHING FABRIC INFORMATION**

**Wool:** Because of its hollow fiber construction (sheep hair), wool provides excellent insulation even when it is wet. It also dries out quickly.

**Synthetics:** Synthetic materials are used both as fill material for sleeping bags and jackets and woven into fabric for clothing. These fabrics include polypropylene; polyesters and pile. Like wool, these materials provide insulation even when wet; however, they dry more quickly than wool and are not as scratchy.

**Nylon:** Nylon is a synthetic material used in lightweight shells and in rain gear. It is also used in conjunction with other materials (e.g., wool or cotton) as a reinforcing fiber. It is lightweight and dries quickly when wet.

**Waterproof/breathable laminates:** Gore-Tex® and other similar materials are used as shell materials in outerwear. These materials are relatively waterproof, windproof, and breathable.

**Cotton:** Cotton is a comfortable, breathable natural fabric. Light colored cotton is excellent for hot, dry situations due to its breathability and water retention. When damp or wet, cotton provides little or no insulation, and it can take a long time to dry. In cold weather, cotton shirts and pants should not be worn next to your skin, as they will transfer heat away from your body.