



Vertical Heartland

Climbing School

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WHAT EQUIPMENT WILL I NEED?

We furnish all of the equipment you will need for the cost of top rope guiding. We have the highest quality ropes, harnesses, belay devices, etc., on the market and they are constantly checked and monitored for signs of wear. We replace our equipment on a regular basis.

WHAT SHOULD I WEAR?

Depending on the season: T-shirt or tank top, long sleeved shirt or jacket, *long* shorts or loose fitting pants. We recommend layered clothing during cooler weather to allow for temperature changes during the day. Clothing should be non-constricting, allowing for raised knees and outstretched arms during climbing movement. You should wear comfortable approach shoes or tennis shoes with good traction. Sandals are not recommended.

HOW ABOUT FOOD AND WATER?

Bring a water bottle for each person with a minimum of 2-3 quarts of water. It is very important that you stay hydrated because you will be exercising rigorously, and temps can get very hot. We will have a water cooler for refills if necessary. We recommend light eating, i.e., sandwiches, energy bars, fruit, etc. It is fine to bring coolers.

WHAT ABOUT THE ENVIRONMENT?

Spring and summer months can be buggy. Mosquito/insect spray for skin and Permethrin clothing spray treatment are helpful. Sunscreen is recommended. If you have a strong sensitivity to poison ivy you may want to bring Ivy Block. The trails and climbs are clear of poison ivy, but it is plentiful off of the trails.