



# *Boeing Employees Alpine Society*

## **INTERMEDIATE CLIMBING COURSE BASIC RACK RECOMMENDATIONS**

With the plethora of different options available, building a rack can seem like a daunting task, not to mention quite costly. Students are expected to have acquired their own rack to use by the Squamish outing, but every size from fingertips to stacked fist jams needn't be covered when you're just starting out.

Listed below is what we feel to be a good beginner rack for alpine climbing in the Cascades. While you're free to purchase and use more, these can be considered the basics:

### **Protection:**

- 1 set of stoppers comprising of various sizes (most brands sell sets consisting of 8-12 pieces)
- wide finger sized cam (BD/DMM purple, Metolius orange/red etc)
- wide finger/small hand size cam (BD/DMM green, Metolius red/black etc)
- small hand size cam (BD/DMM red, Metolius black/green etc)
- hand size cam (BD/DMM gold, Metolius green/blue etc)

### **Biners and Slings**

- 1 biner to rack all of your nuts on (a big oval works well for this)
- 1x biner for each cam (optional, but **highly** recommended)
- 10x sewn slings. These should be a mix of single/shoulder length (60cm) and double (120cm). It's common to carry more singles than doubles, so mix and match as you'd like (6x singles minimum).
- 2x biners PER SLING (20x total). You will be using these to turn your slings into draws. When selecting biners, make sure to take the weight into account (it adds up fast), but be careful about getting them too small (could be hard to clip). Use what works best for you.
- Minimum of 4x locking biners (2x for belay device, 1x for anchoring yourself, 1x extra for miscellaneous uses)

### **Other Odds and Ends**

- Cordelette – 16-20ft of 5-6mm cord tied into one big loop used for making gear anchors
- 4x lengths of prusik chord
- Nut tool
- Pulley
- Small knife
- Belay device with a brake assist mode (BD ATC Guide, Petzl Reverso etc) – not required but **highly** recommended





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Want more? Can't get enough? Money burning a hole in your pocket? You can always add more to the above!

Bigger and smaller sized cams (don't go smaller than finger tips, or bigger than a #4 for now), more slings, and/or doubling up on often used sizes are all good additions to the above list. The more you climb, the easier it will be to know when or if you need to add pieces to your rack.

If you don't already have a rack, I'd recommend holding off on purchasing any of the expensive protection pieces (cams) until after the first few skills outings. You'll have the opportunity to use the many different types of gear the instructors have and get a feel for what works best for you before spending your hard earned cash.

