



Rock Climbing Equipment List

CLOTHING

- Underwear: Should be comfortable, synthetic fibers wick moisture away from the body
- Sports bra (for women)
- Hiking socks: Mini crew size and lightweight to midweight warmth/cushion
- Sun hat
- Lightweight t-shirt: Merino wool or synthetic fibers will wick sweat away and keep you cooler and more comfortable during hot temps
- Midweight fleece jacket: An integrated hood adds warmth and weather protection
- Wind jacket: Must have an integrated hood, stretch fabric is often more durable
- Hard shell jacket: Lightweight protection for afternoon thunderstorms
- Lightweight insulated jacket: Down is lighter and more compressible
- Climbing pants: Lightweight and stretchy
- Shorts: Optional, for warmer temps

CLIMBING GEAR

- Climbing backpack: Approximately 30+ liters
- On-route pack: Approximately 15 liters, optional for longer routes. It is also possible to carry a 25-ish liter pack to the base of the route and then also use it on the route instead of the two pack system
- Approach shoes: Must have sticky rubber outsole for security while scrambling on the approach and/or descent
- Rock climbing shoes: Comfortable for all day wear
- Chalk bag w/ chalk
- Belay gloves: Full fingered recommended
- Crack gloves: Optional, manufactured tape gloves are more comfortable and provide great base coverage for the best protection while hand jamming

- Climbing helmet: Must be UIAA certified
- Harness: Must have a belay loop and at least two gear loops
- Tubular belay device with round bar stock locking carabiner
- 48 inch (120cm) sewn nylon sling. A Personal Anchor System (PAS) can be used instead, though is less versatile
- Prusik loop: Optional, 3ft of 6mm accessory cord tied into a prusik loop or a manufactured rappel backup
- 20 feet 6mm accessory cord: Optional, can be helpful for anchor building
- 2-3 Locking carabiners Lightweight, screwgate is easier to operate than a triple-action carabiner
- 1-2 Non locking carabiners
- Knife: Optional, should clip to carabiner in locked position
- Athletic tape: avoid generic pharmacy brands as they are not as durable or sticky

ACCESSORIES

- Sunglasses: Dimmable recommended, CAT 3 lenses w/ athletic fit
- Small tube of sunscreen and SPF chap stick
- First aid kit: Small, should include any personal medications
- Fully charged phone
- Headlamp with fully charged batteries
- 2 liters of water: A soft water bottle is more comfortable in a pack but care needs to be taken to not puncture it
- High energy lunch and snacks: A healthy mix of fats, sugar, and protein for a full day of the on-the-go (leftover pizza or sandwiches are a great midday pick-me-up)