

Equipment List for River Crossing Skills

We won't be far from the vehicles, so you do not have to pay attention to details the way you might need to for overnight backpacking. So be comfortable and stay warm.

Essentials

- ☐ Footwear. Please bring two pairs. A pair of lightweight tennies or similar. These are going to get wet so ones that drain readily are best. Then bring another pair to change into and warm up the toes.
- ☐ Daypack. 25-35 L pack.

Clothing

We will discuss exactly what to bring when we meet. Have these items with you so you are prepared for any possible weather conditions.

- ☐ 2 pair of socks.
- ☐ 1 mid-weight long-sleeve top. Capilene, Merino or other synthetic.
- ☐ 1 pair of long-johns or tights. Capilene, Merino or other synthetic.
- ☐ 1 warm pair of pants.
- ☐ 1 warm shirt. Synthilla or 200 weight works well.
- ☐ 1 warm jacket. Something to pull on in case you are cold.
- ☐ Waterproof Jacket and Pants - Lightweight and non-bulky. Side zips on the pants should be long enough to slide on over boots. Jacket must have a hood.
- ☐ 1 pair of long pants. Warm ones to change into between crossings.
- ☐ 1 pair of shorts.
- ☐ 1 long-sleeve sun shirt. We recommend a "hoody" style though anything that covers your arms and is synthetic is great.
- ☐ 1 short-sleeve T-shirt. Synthetic, not cotton, so it can dry quickly and wick sweat from your body on sweaty, but windy, days.
- ☐ 1 lightweight pair of polypropylene or similar gloves.
- ☐ 1 warm hat/beanie. Synthetics are less itchy than wool.
- ☐ Sunhat.

Etc.

- ☐ Sunglasses. If you wear corrective glasses you might want a second pair.
- ☐ Water Bottles. Two 1L bottles or a hydration system holding up to 2L.
- ☐ Camera/phone camera.
- ☐ Personal toiletries. Include some TP and a bag to pack out the used from the crags.
- ☐ Sunscreen and lip screen. SPF 30+. Make sure the lip stuff actually contains a sunscreen.
- ☐ Bug repellent. Only needed in spring and early summer.

Food

- ☐ You are responsible for water, snacks and lunch for the day.

Shared equipment provided by SMC

- ☐ Ropes
- ☐ First aid kit