

Equipment List for Rock I: Introduction to Rock Climbing

The following list is a general guide and will assist you in packing for the program. Please do not hesitate to contact us if you have specific questions regarding equipment or if you need assistance prior to making a purchase. The following list will vary according to the time of year, and your individual requirements. When packing **THINK LIGHTWEIGHT!** Items with a * are PROVIDED for this introductory course.

Climbing equipment

- ☐ Harness.* Comfortable rock climbing style.
- ☐ Helmet.* Comfortable and lightweight.
- ☐ Carabiners.* Four locking carabiners (2 HMS/pear shaped); 4 non-locking.
- ☐ Belay/rappel device.* A tube/plate style device, ATC style with guide mode.
- ☐ Rock climbing shoes.*
- ☐ Chalk bag - optional.

Bring your own equipment if you have it.

Other essentials

- ☐ Footwear. A climbing-specific approach shoe or a hiking shoe.
- ☐ 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.

- ☐ 1 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. Synchilla or 200 weight works well.
- ☐ 1 warm jacket. A down jacket is preferred with around 800 fill.
- ☐ 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 climbing pants.
- ☐ 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
- ☐ Climbing equipment
- ☐ First aid kit