

# Rock Climbing Equipment List

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, conditions, route, and your individual requirements. Items marked with an \* can be rented from us. Contact us via email or phone for rentals. **If it's not on this list, you likely don't need it.**

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## Essentials

- Climbing harness.\*
- Helmet.\* Should be comfortable and lightweight.
- 3 locking carabiners.\*
- A belay/rappel device (tubular, eg. ATC).\*
- A 120cm nylon or Dyneema sling.
- Rock shoes.
- Hiking or approach shoes.
- Day pack. 25-35 liter. Bring a pack you've used before and will fit everything.

**Clothing** - Wool or synthetic recommended. Consider season/weather when selecting layers.

- 1 long-sleeve sun shirt, "hoodie" style.
- 1 pair of hiking/climbing pants.
- 1 mid-layer insulating top.
- 1 warm down jacket.
- Waterproof jacket lightweight and non-bulky. Jacket must have a hood.

## Etc.

- Sunglasses.
- Water carrying system with a capacity of 1-2 liters. We recommend 1L hard bottles such as Nalgene. A Thermos is optional.
- Hand sanitizer - a personal travel size bottle.
- Sunscreen and lip screen. SPF 30+. A 1-2 oz. bottle will be enough.

## Food

- Bring your own snacks, water, and lunch.

## Shared Equipment - SMC Provides

- Group climbing gear.
- First aid kits.
- Wag bags if required for location.

