

**Intro to Rock Climbing****Equipment List**

The equipment and clothing you bring will have a big impact on the quality of your trip. Ensure to bring all items listed except for items that are listed as optional (either are luxuries or your guide will be carrying for you both).

If you have any questions about anything please contact us. Some items\* are provided and/or available for rental.

- Helmet\*, harness\*, rock climbing shoes\*
- Belay device\* & Carabinners\*
- Lunch, snacks
- 1 L. water bottle
- Cool weather clothing (fleece jacket, long johns, warm hat, etc.)
- Sun screen
- Sunglasses & Ball Cap
- Rain/wind shell
- Pants (lightweight, ie. Scholler or nylon type)
- Clothing allowing for easy and complete range of motion
- Hiking boots or running shoes for the hike to the climbing area
- Small notebook and pencil (optional)
- Camera, batteries (optional)
- Pocket knife
- Daypack (40 liters. For clothing, lunch, personal and group gear)