



## **Rock Climbing – Equipment Checklist**

Day pack (15-30L)

\*Helmet

\*Harness

\*Belay device & auto locking carabiner

Approach shoes

\*Rock climbing shoes

Thin wool or synthetic long (and /or) shortsleeve shirt

Soft shell jacket (ie. Schoeller material), rain jacket, insulating layer (ie. Fleece or synthetic jacket)

Soft shell or quick dry pants, rain pants

Light Toque and gloves with good dexterity

Small Headlamp with fresh batteries (for full day multipitch outings)

Sunglasses, sunscreen, lipbalm, sunhat,

Some toilet paper in a ziplock bag & small lighter

Personal blister kit, tape (if you are prone to blisters)

Lunch, water bladder / bottle

\*Collapsible ski pole (optional for long approaches)

Camera (optional)

\*These items available for rent