

# **Rock Climbing Equipment List**

## **Clothing**

- T-shirt
- Light fleece or wool sweater
- Waterproof breathable Jacket
- Belay jacket - down or synthetic
- Climbing pants
- Waterproof breathable pants
- Sun hat
- Warm hat - wool or synthetic
- Light gloves - wool, synthetic or leather

## **Personal Equipment**

- Pack (30 L)
- Water bottle
- Lunch
- Sunglasses
- Sunscreen and lip cream
- Pocket knife
- Headlamp with good batteries

## **Climbing Equipment**

- Helmet
- Harness
- Rock shoes
- Belay device
- 3 x Locking carabiners
- Chalk bag
- Nut pick
- Approach shoes

## **Group Equipment**

- Rope(s)
- Climbing rack
- Pitons and hammer (optional)
- Quickdraws and slings
- 2 x Cordelettes (5mm x7mm)
- First aid kit
- Emergency tarp
- Radio, satellite phone or cell phone
- Guide book/Route description