



**CLIMBER'S SELF RESCUE
EQUIPMENT LIST**

PERSONAL GEAR

T-shirt
Climbing shorts
Shirt or zip T-neck, for sun protection or merino wool or capilene during cool periods
Climbing pants
Socks, light weight
Sun hat
Warm hat and light gloves (for cool conditions)
Light puff, fleece or wool sweater (for cool conditions)
Wind breaker or light rain jacket
Climbing pack (30 liter)
1-liter water bottle (full)
Sunglasses
Sunscreen (30 SPF or greater)
Camera (optional)
Approach shoes (sticky rubber type or running shoes), closed toe preferred

PERSONAL CLIMBING EQUIPMENT

Rock climbing shoes (*Rentals available, reservations with street shoe size required*)
Climbing harness and helmet provided (no reservation necessary)

If you already own a climbing harness, climbing helmet, chalk bag, gear sling, prussik loop, belay/rappel device, nut cleaning tool, you are welcome to bring them, however, they are not required and will be provided if necessary.

If you have your own gear sling, protection devices such as Stoppers®, camming devices (1/4" to 3"), free carabiners, single (6) and double (2) length runners, 1 cordalette (7mm x 5m), bring them. Otherwise, they will be provided.

FOOD

Bring snacks and lunch food for the day.