



CLIMBER CHECKLIST

REQUIRED

- Helmet (the trip leader has a limited supply of extra helmets)
- Harness
- Climbing shoes
- Food, snacks & water
- Prescription medication (e.g. EpiPen, inhaler, etc.)

RECOMMENDED

- Belay device & carabiner
- Chalk bag
- Toilet paper
- Bug spray
- Sunscreen
- Sunglasses
- Camera
- Climbing pants/shorts
- Daypack
- Sense of adventure
- Electrolytes (to supplement higher water intake)

OPTIONAL

- Belay glasses
- Guidebook
- Nail clippers

CAMPING

- Tent
- Mattress
- Sleeping bag
- Food & water
- Garbage bags
- Headlamp
- Jacket

* Climbing ropes and anchor material will be provided and setup by the trip leaders

* Trip leaders will have a satellite phone and first aid kit for emergencies