

# Climbing Trip Packing List

## Gear

- Rope
- Belay/rappel device
- Locking carabiners
- Non-locking carabiners
- PAS (Personal Anchor System)
- Quickdraws
- Daypack
- Helmet
- Harness
- Rock climbing shoes
- Chalk
- Tape or rappel gloves (used to protect hands)
- First Aid Kit
- Sunscreen
- Headlamp or flashlight
  - Extra batteries
- Knife or multitool
- Water
- Snack (gels, energy bars, trail mix, granola bar, etc.)

## Clothing

- Wicking T-shirt
- Shorts, pants, or tights
- Rain jacket
- Down or fleece jacket for insulation
- Hiking shoes or sandals - something to change into while belaying

## Optional Gear

- Camera
- Hat

\*This list is for Sport Climbing, you will need some different gear for different kinds of climbing.