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LONG ROUTES; ROCK CLIMBING PERSONAL EQUIPMENT LIST

Technical climbing equipment, if you have your own gear feel free to bring it.

- Harness
- Locking Carabiner/belay device
- Helmet
- Chalk bag
- Rock shoes

Items you'll need to have;

- pack** - large enough to carry all the following list below, plus: a helmet, harness, and rock shoes on the approach.
- Small pack to climb with** – is nice to carry water, snacks, shoes, shirt, etc
- water bottle(s)** – at least two quarts, more in hotter temps, must be a non-glass container.
- Camelback hydration system** – or similar, great to use while climbing.
- food** - energy bars, sandwiches, snacks, etc. something that can be eaten on the go.
- clothing** appropriate for the season. - something to keep you comfortable that you can move comfortably in . Layers are a great choice. During spring, fall, and winter try to stay away from cotton as much as possible.
Here are some suggestions, if it's a day trip near the road, cotton will due otherwise keep in mind that "cotton kills". Try to were clothing made out of synthetic materials. If this is going to be a remote backcountry trip, NO COTTON!
- t-shirt- preferably a synthetic like coolmax, capilene, bergaline, etc..
- long-sleeved shirt – to protect you arms from sun and scrub oak.
- shorts & pants – preferably nylon.
- rain jacket - gore-tex or comparable material.
- fleece or sweater – weight dependant on the season,(i.e. colder temp = thicker fleece).
- hat and gloves – it may be cool in the shade on the descents.
- Approach shoes - footwear suitable for trail with aggressive sole, sandals or clogs are not recommended.
- Headlamp – I have a spare if you need to borrow one. Just let me know.

- Extra** items like sunscreen, sunglasses, bug spray, camera and film can help make the day more enjoyable. Don't forget any personal medications or toiletry items you may need. Be prepared!