

Rock Climbing Equipment List

General;

Wear layers of clothing that are appropriate for the time of the year.

Polypropylene underwear is a good foundation in colder weather. Be prepared for rain.

Shoes: wear your hiking boots or Cross Trainers. Avoid running shoes, their extra wide soles just do not work well.

Lunch or snacks that supply high energy, and water,

Emergency items;

small flash light with new batteries, for the walk back.

personal first aid kit; band aids, Advil (or similar), individual specific medications

backpack or shoulder bag for these items.

Optional items;

camera,

sun glasses,

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