

## **Rock Climbing Equipment List**

Overlake will provide rock climbing harness, shoes, helmet, ropes, tents, and all food.

- \_\_\_duffel bag (or backpack to hold all of your gear)
- \_\_\_small backpack to carry gear, food, water
- \_\_\_sleeping bag (rated to +20 F) with stuff-sack
- \_\_\_sleeping pad (Term-a-rest, Overlake has some to lend)
- \_\_\_sneakers/tennis shoes or hiking boots
- \_\_\_heavy wool sweater or polypro/fleece top
- \_\_\_warm jacket/rain jacket (it gets very cold at night)
- \_\_\_wool or polypropylene/fleece pants
- \_\_\_long underwear top and bottoms (no cotton)
- \_\_\_wool or pile hat and gloves
- \_\_\_2 pair underwear
- \_\_\_2-3 pair socks
- \_\_\_bandana
- \_\_\_a change of clothes for the trip to and from
- \_\_\_flashlight or headlamp with spare batteries
- \_\_\_2 filled waterbottles (1 quart/liter)
- \_\_\_sun hat/cap
- \_\_\_sunglasses / sunscreen
- \_\_\_cup / mug
- \_\_\_bowl (Tupperware w/ lid works great)
- \_\_\_spoon
- \_\_\_sun screen

### Personal extras:

- \_\_\_toothbrush and paste
- \_\_\_eyeglasses/contact lenses - bring an extra pair if you rely on them
- \_\_\_camera
- \_\_\_book
- \_\_\_prescribed medicines

Wool and polypropylene synthetics keep you warm when wet - cotton doesn't. Plastic ziplock bags will keep things like camera and journals dry. Try to borrow any expensive items which you think you may not use again after the trip. Please do not bring any electronic equipment (except flashlights and cameras).