



**FAMILY ROCK CLIMBING
EQUIPMENT LIST**

PERSONAL GEAR

T-shirt

Climbing shorts or loose fitting or stretch shorts

Shirt or zip T-neck, for sun protection or merino wool or capilene during cool periods

Climbing pants or loose fitting light pant

Socks, light weight

Sun hat

Warm hat and light gloves (for cool conditions)

Light puff, fleece or wool sweater (for cool conditions)

Wind breaker or light rain jacket

Climbing pack (30 liter) or day pack (optional)

1-liter water bottle (full)

Sunglasses

Sunscreen (50+ SPF)

Camera (optional)

Approach shoes (sticky rubber type or running shoes), closed toe preferred

Rock climbing shoes (Included with course, reservations with street shoe size required)

Climbing harness and helmet provided (no reservation necessary)

FOOD

Bring snack lunch food for the day.