

SPORT CLIMBING CHECKLIST



Group Equipment:

- Rope & Rope Tarp
- Quickdraws (12-18)

Personal Equipment:

- Backpack
- Harness
- Chalk Bag
- Belay Device & Locking Carabiner
- Helmet
- PAS & Locker
- Guidebook
- Climbing Shoes
- Approach Shoes
- Sandals
- Food
- Water (2-4 Liters)
- Clothing (water/wind-proof layers)
- Lip Balm
- Sunscreen & Sun Hat

Miscellaneous:

- Cell Phone
- First Aid Kit
- Headlamp
- Rock/Boulder Brush
- WAG Bags

Optional Items:

- Stick Clip
- Belay Gloves
- Belay Glasses
- Kneebar Pads
- Sunglasses
- Portable Hangboard
- Theraband
- Bail Carabiner
- Thermos
- AAC Membership
- Liquid Chalk

Notes