



Individual Gear List For A Day At The Crag

Situations: Short approach, quick retreat.

Clothing: Carry items that are comfortable, lightweight, durable, allow flexibility, ventilation, warm and reflect sunlight and/or wind. ** Some of the clothing and gear below are season and condition dependent. **Please confer with your guide about current conditions and/or if you have any questions.** *Many of the items listed below are available as rental gear. Please see our Rental Equipment form.*

___ **Daypack** – Generally around 1,000 cubic inches.

___ **Harness**

___ **Rock shoes**

___ **Helmet**

___ **Sturdy shoes**

___ **Sunglasses**

___ **Lip balm**

___ **Sunscreen**

___ **Water** – At least 2 quarts.

___ **Food** – Lunch and snacks.

___ **Clothing** – Appropriate items for climbing and the day's weather. Cotton fine in most circumstances.

Optional:

___ **Camera**

___ **Chalk bag**