

Rock Climbing

What to bring:

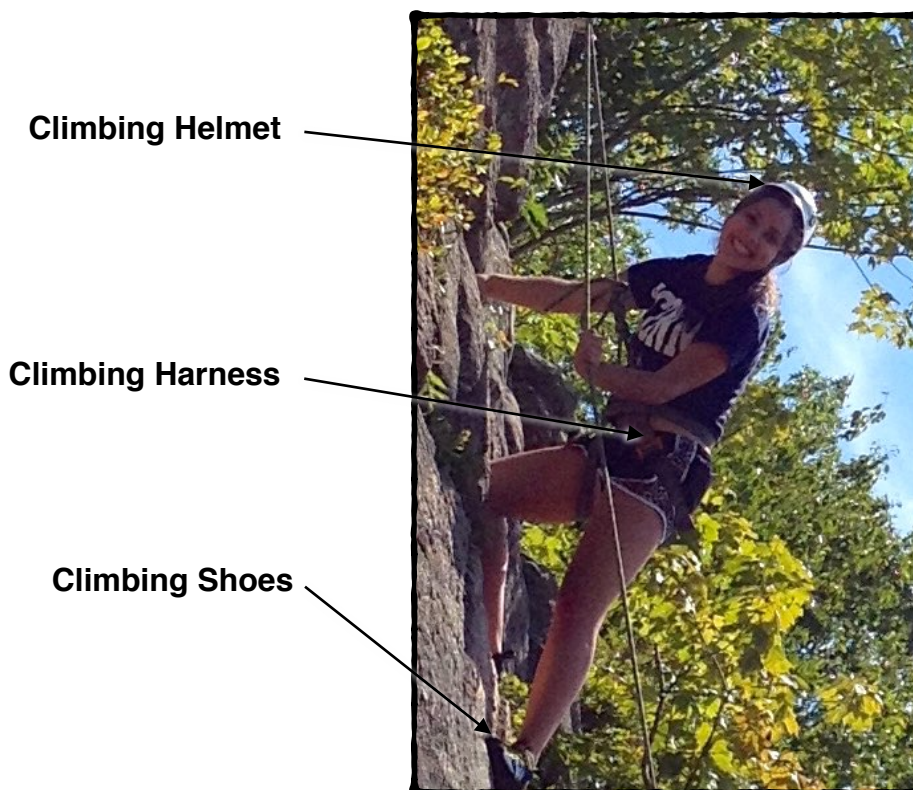
- ☐ Hiking shoes
- ☐ Base-layer athletic clothing
- ☐ Fleece / insulating layer
- ☐ Clothing that allows free movement
- ☐ Water (32oz +)
- ☐ High energy snacks
- ☐ Extra cash

What to tell our staff:

- ☐ Shoe size
- ☐ Helmet size



Provided Gear



Personal Gear

Daypack:

- Water bottles
- High energy snacks
- Spending money

Athletic clothing (layers)

- Base - wicking, performance materials
- Insulating - fleece, wool, down
- Shell - rain jacket / pants

**Allows freedom of movement for climbing*