**

*Equipment and Clothing List: Climbing Overnight*

**When and Where for Next Meetings:**

\_\_\_\_\_\_\_\_\_ Personal Equipment Check

\_\_\_\_\_\_\_\_\_ Food Preparation

\_\_\_\_\_\_\_\_\_Group Equipment

\_\_\_\_\_\_\_\_\_ Meet to leave for the trip

# Needed Items

‘\*’ can be rented from the Expeditionary

\_\_ \*Sleeping bag - synthetic fill preferred – but not required for car camping trips

\_\_ \*Sleeping Pad – closed cell foam or lightweight air mattress. Therma-rest or equivalent.

\_\_ Sturdy shoes – light hikers, tennis shoes

\_\_ Water bottles - 2- one quart capacity (spring water bottles from the SUB work fine)

\_\_ Plastic bowl, mug and spoon

\_\_ Extra sneakers- closed toed footwear is required around camp and for river/stream crossings.

\_\_ 2 pairs of socks – feet get stinky climbing

\_\_ Shorts – 1 pair of nylon or synthetic quick drying

\_\_ Pants – 1 pair of fleece or wool­ pants−fleece and wool offer warmth even when wet.

\_\_ Long underwear tops and bottoms - must be polypropylene, wool, capilene, or silk, no cotton.

\_\_ 1 T-shirts, (synthetic or cotton).

\_\_1 Lightweight wool sweater or fleece shirt.

\_\_ 1 Heavyweight wool sweater or fleece jacket.

\_\_ Shell Gear - rain coat, waterproof breathable Gore-tex, or coated nylon with a hood (do not bring a heavy ski type jacket).

 \_\_ similar rain pants

 \_\_ poncho and rain pants also acceptable, but bring a windbreaker as well

\_\_ Gloves - wool or fleece.

\_\_ Hat - wool or fleece

\_\_ Flashlight - lightweight headlamp preferred, bring extra bulb and batteries.

\_\_ Toilet articles

\_\_ Sunglasses- must block 100% of ultraviolet and infrared light.

\_\_ Baseball or sun hat for sun and rain protection.

\_\_ Sunscreen- SPF 15 minimum.

\_\_ T-shirts (1 or 2) for camp

\_\_ Daypack

Climbing Specific Equipment:

* If you have it we will need to see it and inspect it – harnesses should be less than 3 years old.
* If you do not have it we will be provided

\_\_ Climbing harness

 \_\_ Belay device

 \_\_ Locking pear shaped belay carabineer

\_\_ Climbing Shoes

\_\_ Climbing Helmet – certified for rock climbing

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| Optional\_\_ Camera\_\_ Notebook and pen\_\_ Lip balm\_\_Other equipment recommended or required for this trip:**NOTES for trip:** | ***Do not bring:**** cotton clothing (dries slowly and doesn't insulate when wet).
* alcohol or drugs (present serious safety and liability hazards; creates and environment that is not inclusive of all members).
* knives or firearms (heavy, dangerous, and illegal in national parks).
* portable music devices (detract from wilderness experience and isolate user from group).
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