

Outdoor Rock Climbing

Suggested Clothing & Pack List

Please prepare for your adventure with this packing list. *If you have any questions about this pack list, please alert us at least 4 days prior to your adventure.*

Notes about clothing choice: Weather will dictate the types of clothing you will want to wear. We suggest checking the weather forecast prior to the trip for the best guidance on clothing choice.

To Wear:

- Stretchy athletic clothing (synthetic materials, NO COTTON or DENIM). Some people prefer wearing long pants for knee protection but shorts are fine as well, especially for warm days.
- Warm layer: fleece (moderate weather) or down (cold weather)
- Generally comfortable clothes you don't mind getting dirty!

Shoes:

- Sturdy shoes to walk a quarter mile down the trail to the climbing area.

To Bring:

- Small backpack
- Lunch and snacks
- Full water bottle(s) (at least one liter per person)
- Sun protection
- Spare warm layer (fleece or light sweater, non-cotton)
- Rain jacket

Covid-19 Personal Protection

- 2 Face masks that cover nose and mouth (bring two)
- Hand sanitizer

AWL Will Provide:

- ❑ All rock climbing equipment including a climbing harness, climbing shoes, helmet and other safety equipment.
- ❑ **Please note, when registering for the trip, please indicate your shoe size so that we have the proper size climbing shoes available.**

****AWL has gear available to borrow if need be. This includes outdoor clothing such as jackets, hiking boots, athletic clothing, etc. To request a piece of gear, please complete a gear request request form on www.awloutdoors.org/helpfulinfo**