



ROCK CLIMBING CHECKLIST

BASIC STARTER GEAR

- Shoes (snug, but comfy)
- Harness (correct size, comfy)
- Belay Device
- Belay Carabiner
- Chalk Bag & Chalk
- Helmet

TOP ROPING

- 10.0-10.5mm x 50/60/70 meter rope
- 3 Locking D Carabiners
- 3 Oval Carabiners
- (2) 15' lengths 1" Tubular Webbing
- (2) 6' lengths 1" Tubular Webbing
- Rope Bag
- 30-40L Backpack

SPORT-CLIMBING

- 8-12 Quickdraws
- Personal Anchor System
- Gri-Gri (optional)
- Hand-Exerciser
- Tape

TRAD CLIMBING

- Listed in order of "what to buy first."
- Set of Nuts (w/ nut tool)
 - (3-6) 24" Sewn Runners
 - (2-3) 48" Sewn Runners
 - Set of Hexes
 - (6-12) Wire Gate Carabiners
 - Set of Cams (#.5-#4 -buy mid sizes first)
 - Set of Micro Cams (5)
 - (6-12) More Wire Gate Carabiners

MOUNTAINEERING

BASIC

- Helmet
- Crampons (aluminum for less steep snow
- only; steel for steep, ice/rock/snow)
- Ice Axe (not too big)

GLACIER TRAVEL

- Lightweight Harness
- (3) Locking Mini-Pearabiners
- 9.0-9.5mm X 50/60 meter Dynamic Rope
- (2) 18' 7mm cordalette
- 6' 5-6mm cordalette
- 12' 5-6mm cordalette
- (3-6) Oval or Wire Carabiners
- (3) Locking D Carabiners
- (3) 24" Sewn Runners
- (2) 48" Sewn Runners
- (2) 2-3' Snow Pickets
- (2) 19-22" Ice Screws (optional)

BOULDERING

- Shoes (snug fit)
- Chalk Bag or Bucket & Chalk (lots)
- Crash Pad
- Brush
- Tape
- Hand-Exerciser

SLACKLINE KIT

- (3-4) Oval or D Carabiners
- (1) Locking D Carabiner
- (1-2) 8-12' piece 1" Tubular Webbing
- (1) 50-80' piece 1" Tubular Webbing

ACCESSORIES

- Hand Exercisers (DynaFlex Pro, Metolius)
- Grip Saver, Grip Master Pro)
- Finger Boards (Metolius Simulator CNC,)
- Slim Gym, Sm. Wood Board, Rock Rings, Portable Power Grips)
- DVD's (stay motivated w/ King Lines, Dosage, First Ascent, Memento and more!)

RECOMMENDED READING

- Freedom of the Hills, 7th ed., by
- The Mountaineers
- Portland Rock Climbs, by Tim Olson