

Rock Dimensions Equipment/Clothing for Climbing

NECESSARY

- Small daypack to carry individual and group gear
- 2 or 3 quarts of water
(Plastic or unbreakable bottles only; no glass)
- Lunch and snacks
- Rain jacket
- Jacket (pile, fleece, or polyester-filled.)
- Sneakers or lightweight hiking boots
- Loose fitting or stretchy pants to allow for flexibility
Sweat pants, cotton/Lycra blend, etc. are okay but not very warm for cold weather.
Shorts are fine for warm weather.
Recommendation: **DO NOT WEAR BLUE JEANS** (restricts movement).

SEASONAL

- Wool or synthetic hat
- Gloves
- Several upper body layers and clothing for lower body
Synthetic, silk, or wool base layer are great for cool or wet weather.
- Outer shell for windbreaker
- Extra socks and other clothes to change into for wet weather

OPTIONAL MISCELLANEOUS ITEMS:

- Camera
- Sunglasses
- Sunscreen
- Insect repellent
- Tissue

ROCK DIMENSIONS PROVIDES:

- Harnesses
- Helmets
- Climbing shoes
- Ropes
- Hardware (carabiners, belay devices, anchoring equipment, etc.)