

## SQUAMISH ROCK GUIDES - EQUIPMENT CHECKLIST

### Personal Clothing

- sturdy approach shoes or hiking shoes (no sandals please)
- rain coat or waterproof windbreaker
- rain pants
- warm clothing (polar fleece or down recommended for colder days)
- toque or warm hat
- warm gloves
- shorts for hot days
- sun glasses
- sun screen
- sun hat for hot days

Note: Many people underestimate how cold it may get spending the day outside in Squamish, even in warm weather. Please come prepared as the wind can be quite strong creating chilly conditions.

### Personal Climbing Equipment

- harness
- rock shoes (\*for multi-pitch, make sure shoes are comfortable for day long climbs)
- helmet (approved for rock climbing - bike helmets not acceptable)
- chalk bag
- two locking carabiners
- belay/rappel device
- \*nut tool (multi-pitch programs only)
- \*small 15 to 20 liter backpack for climbing with personal gear (multi-pitch only)

Note: If you do not own some (or any) of the above personal climbing equipment, please let us know and we will provide it as part of the program.

### Miscellaneous

- backpack big enough to carry all personal gear (30-40 liters approximately)
- food for a full day outside
- water (1 liter in cold weather, 2 liters in hot weather recommended)
- mosquito repellent
- camera

Note: For courses, a digital camera can be very useful for recording the steps in the various techniques. Many people find having a camera of great use. We highly recommend it.