

# Packing List for Climbing Trips

## PACKING FOR SINGLE DAY CLIMBING TRIPS:

### Equipment Provided by Ascent Adventure Consultants LLC

- Harness
- Climbing Shoes
- Climbing Ropes
- Belay Devices
- Helmets
- Chalk Bags
- Chalk
- Carabiners
- Safety Equipment/Protection
- Anchor Building Equipment
- Maps
- First Aid Kit
- Tents

### Clothing

- If you are able, wearing clothing made of synthetic material (non-cotton) is recommended. This is because cotton absorbs water/sweat and aside from it causing discomfort, can lead to hypothermia (in cold weather) and restricted movement from heavy clothes.
- In most cases with single day climbing trips, wearing cotton clothes is fine if you do not have any synthetic clothes. If it is imperative that you wear non-cotton clothes, we will inform you.
- Some of these clothing items are season-dependent.

## **Packing List for Climbing Trips**

- Depending on the season, shorts or pants that are made of a synthetic material.
- Sneakers or boots that are good for hiking and preferably give good ankle support
- Jacket
- Fleece or sweatshirt
- Hat
- Gloves
- Insulating pants (depending on season)

### **Food**

- Most single day climbing trip depart at 6am and return by 10pm
- Breakfast is usually eaten en-route, and dinner is also eaten en-route on the return trip home. It is up to each person if you choose to pack breakfast/dinner. You will have the option to buy breakfast and dinner if you choose.
- It is necessary for each person to pack a lunch and snacks.
- Snack ideas
  - Fruit (dried or whole)
  - Nuts
  - Trailmix
  - 2 Power Bars (or similar)
  - Energy Drink
  - Beef/Turkey Jerky
- Lunch Ideas
  - Bagel
  - Packaged Tuna
  - Sandwich

## **Packing List for Climbing Trips**

- Pita and Hummus
- If you have a backpacking stove, you are welcome to cook your own lunch if that is what you prefer, though it is time consuming..
- Water
  - Each person should have at minimum 2 liters of water. On a hot day, 4 liters is recommended.

### **Miscellaneous (optional items)**

- Bug Spray
- Sun Screen
- Camera
- Packable Chair
- Book
- Personal toiletry items
- Flashlight/headlamp

## Packing List for Climbing Trips

### PACKING FOR MULTI-DAY CLIMBING TRIPS:

In addition to the above items, here are a list of additional items for you to pack for a multi-day trip

#### **Clothing:**

- Clean pair of socks per day
- Clean pair of underwear per day
- Clean shirt per day
- Extra pants/shorts
- Jacket ( this is a must since weather can change over several days)
- Sandals or comfortable shoes for wearing around camp
- Comfortable pants/shirt for wearing around camp

#### **Food**

- Some of our climbing trips will have dinner included. Refer to your trip information to determine whether or not dinner will be your responsibility.
- This list is IN ADDITION TO the food packing list above.
- Breakfast, lunch, and dinner are eaten “on the trail”
- Pack items that can last days without being refrigerated
- For multi-day trips, stoves will be provided, or you can bring your own stove
- Breakfast
  - Instant oatmeal
  - Coffee
  - Breakfast Bars
  - Bagels
- Lunch
  - Same as above (see Single Day Packing List)

## Packing List for Climbing Trips

- Dinner
  - Check out <http://www.outdoorhighadventure.com/recipes.htm> for some creative ideas
  - Pre packaged dehydrated meals are available in some outdoor doors
  - Pasta

### Miscellaneous

- In addition to items listed above
- Sleeping Bag
- Sleeping pad
- Any overnight toiletry items (glasses, contact supplies, toothbrush, deoderant, etc.)
- Small towel
- Toilet paper (rolled up in a baggie)
- Mess-kit for eating