

# Castle Rock Climbing School

## Suggested Climbing Day Trip Gear List

Day pack

Water & water bottles/half gallon total per person per day minimum capacity Snacks and a lunch

Long and short sleeve, one with a collar and a thermal underwear top and one

T-shirt/preferably non-cotton.

Shorts

Long nylon or stretch pants

Comfortable Running or lightweight hiking shoes for walking

Rain jacket and pants

Sunglasses

Warm hat

Ball cap

Warm/Pile jacket

Necessary Medications

Personal toiletries ,sunscreen, chapstick,etc

Camera and film or digital camera, memory stick and extra batteries

Climbing Shoes, harness helmet and belay device or request this equipment from us.

## Ice Climbing Additional Gear List

Gortex Jacket and Pants

2 pairs of gloves

Synthetic long underwear pants and shirts

Ski Goggles

Wool or synthetic heavy socks

Synthetic sock liner

Heavyweight pile jacket

Pile pants

Gators