



PATHWAYS
Upward, inward & outward

CLIMBING EQUIPMENT LIST

WE CLIMB OUTSIDE – so, be aware of that when you pack for a day of climbing! If the weather is cool, bring a jacket. If it might rain, bring a rain coat. If it's very sunny, wear sunscreen. The guides only provide safety equipment needed to climb, your common sense is in charge of everything else. Also remember, if your group is climbing at Rocktown, there is a mile hike in to the climbing area. That means the vehicle you came in is a mile away and restroom facilities are way back in town, sooo... be ready to become one with nature! And carry anything you might need for the whole day on your back.

PARTICIPANTS SHOULD WEAR THE FOLLOWING WHEN CLIMBING:

- Shoes good for climbing – the less clunky, the better – tennis shoes are better than big hiking boots. And you want your toes covered so you can cram them places.
- Pants or shorts with a long-inseam – short shorts can be uncomfortable and very revealing when your harness is on. Please be modest!
- Helmet – ***provided by guide***
- Harness – ***provided by guide***

WE RECOMMEND PARTICIPANTS CARRY THE FOLLOWING:

- Backpack to carry your stuff in – especially at Rocktown – it's a mile hike in.
- Water Bottle with water or flavored drink – 1-2 liters per person for a day in the summer.
- Rain gear – especially if the forecast calls for rain.
- Lunch and snacks if it's an all day event – stuff that travels well
- Any emergency medications – i.e., inhalers for asthma, epipens, bee sting kits, etc.
- Toilet paper just in case – *guides carry a shovel you should use to dig a hole!*
- Trash bags – for your trash and any other trash we can collect and pack out
- Jacket or fleece – if the weather is cool
- Bandanna or Pony Tail Holder if you have long hair
- Sunscreen – especially if you burn easily
- Sunglasses or a hat – depending on where we are these can be very helpful
- Bug repellent – especially if you are easily bothered by them (but none with DEET please, it's bad for our climbing equipment.)
- Disposable camera or make sure there's someone in your group taking pictures