

Sport Climbing Checklist

Our comprehensive checklist for sport climbing can keep you from forgetting anything important. Note: Not every climber will bring every item on this list.



Climbing Gear Basics (Hardware quantities depend on your route)

- | | |
|------------------------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> Rope | <input type="checkbox"/> Belay/rappel device |
| <input type="checkbox"/> Locking carabiners | <input type="checkbox"/> Nonlocking carabiners |
| <input type="checkbox"/> Runners—singles and doubles | <input type="checkbox"/> Quickdraws |
| <input type="checkbox"/> Chalk and chalk bag | <input type="checkbox"/> Route description or guidebook |
| <input type="checkbox"/> Rope bag | <input type="checkbox"/> Daypack |

Personal Basics

- | | |
|------------------------------------------------------------|----------------------------------------------------------------------|
| <input type="checkbox"/> Helmet | <input type="checkbox"/> Harness |
| <input type="checkbox"/> Rock shoes | <input type="checkbox"/> Hand protection (belay/rappel gloves; tape) |
| <input type="checkbox"/> Sunglasses (with retention strap) | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Lip balm | <input type="checkbox"/> First-aid supplies |

Other Gear and Clothing

- | | |
|-------------------------------------------------|---------------------------------------------------------------|
| <input type="checkbox"/> Headlamp or flashlight | <input type="checkbox"/> Extra batteries |
| <input type="checkbox"/> Knife or multi-tool | <input type="checkbox"/> Multifunction watch |
| <input type="checkbox"/> Two-way radios | <input type="checkbox"/> Cell phone in protective bag |
| <input type="checkbox"/> Water bottles (filled) | <input type="checkbox"/> Duffel (catch-all for climbing gear) |

- Lunch
- Energy beverages, powdered drink mixes
- Shorts, pants, tights
- Insulation
- Emergency reflective blanket

- Energy bars, gels, chews, trail mix
- Wicking T-shirt
- Skin-shielding items (hat and clothing)
- Rainwear

Other Personal Items

- Insect repellent
- Sanitation trowel
- Camera
- Signaling mirror
- Socks (synthetic or wool)
- Permits
- Notepad

- Toilet paper
- Hand sanitizer
- Binoculars
- Approach shoes
- Bandanna or buff
- Bag for collecting trash
- Pen/pencil

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