

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 |

- ☐ Two-way radios
- ☐ Water bottles (filled)
- ☐ Lunch
- ☐ Energy beverages, powdered drink mixes
- ☐ Shorts, pants, tights
- ☐ Insulation
- ☐ Emergency reflective blanket

- ☐ Cell phone in protective bag
- ☐ Duffel (catch-all for climbing gear)
- ☐ 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

Make and Share Free Checklists
checkli.com