



Trad Climbing Checklist

Notes: This list is intentionally extensive; not every climber will bring every item on every outing. List is for day use. **For multiday trips**, add gear from our [Backpacking](#) or [Family Camping](#) lists.

Equipment basics (hardware quantities depend on route)

- | | |
|---|--|
| <input type="checkbox"/> Rope | <input type="checkbox"/> Nut tool |
| <input type="checkbox"/> Belay/rappel device | <input type="checkbox"/> Gear sling |
| <input type="checkbox"/> Large locking carabiner for belay device | <input type="checkbox"/> Runners: singles (60cm) & doubles (120cm) |
| <input type="checkbox"/> Additional locking carabiners | <input type="checkbox"/> Quickdraws |
| <input type="checkbox"/> Nonlocking carabiners | <input type="checkbox"/> Chalk |
| <input type="checkbox"/> Nuts | <input type="checkbox"/> Chalk bag |
| <input type="checkbox"/> Hexes | <input type="checkbox"/> Route description or guidebook |
| <input type="checkbox"/> Cams | <input type="checkbox"/> Climbing pack |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Personal basics

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

Gear and clothing options

- | | |
|---|--|
| <input type="checkbox"/> Map (with protective case) | <input type="checkbox"/> Water bottles (filled) |
| <input type="checkbox"/> Compass | <input type="checkbox"/> Water treatment method |
| <input type="checkbox"/> GPS | <input type="checkbox"/> Lunch |
| <input type="checkbox"/> Headlamp or flashlight | <input type="checkbox"/> Energy bars, gels, chews, trail mix |
| <input type="checkbox"/> Extra batteries | <input type="checkbox"/> Energy beverages |
| <input type="checkbox"/> Knife or multi-tool | <input type="checkbox"/> Powdered drink mixes |
| <input type="checkbox"/> Multifunction watch with altimeter | <input type="checkbox"/> Wicking T-shirt |
| <input type="checkbox"/> Matches/lighter/fire starter in waterproof container | <input type="checkbox"/> Shorts, pants, tights |
| <input type="checkbox"/> Two-way radios | <input type="checkbox"/> Skin-shielding items (hat and clothing) |
| <input type="checkbox"/> Cell phone in protective bag | <input type="checkbox"/> Rain jacket |
| <input type="checkbox"/> Emergency reflective blanket | <input type="checkbox"/> Rain pants or bibs |
| <input type="checkbox"/> Repair items | <input type="checkbox"/> Insulation (vest, jacket, pants, hat, gloves) |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Other personal options

- | | |
|--|--|
| <input type="checkbox"/> Insect repellent | <input type="checkbox"/> Approach shoes or boots |
| <input type="checkbox"/> Toilet paper | <input type="checkbox"/> Socks (synthetic or wool) |
| <input type="checkbox"/> Sanitation trowel | <input type="checkbox"/> Bandanna or buff |
| <input type="checkbox"/> Hand sanitizer | <input type="checkbox"/> Permits |
| <input type="checkbox"/> Camera | <input type="checkbox"/> Bag for collecting trash |
| <input type="checkbox"/> Binoculars | <input type="checkbox"/> Notepad with pen/pencil |
| <input type="checkbox"/> Signaling mirror | <input type="checkbox"/> Trip itinerary left w/friend & under car seat |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |