



# 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 [Camping](#) lists.

## Climbing Gear 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 <a href="#">First-Aid Checklist</a> ) |
| <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"/> _____   |

## Other Personal Items

- |  |  |
|--|--|
| <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"/> Bandana 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"/> _____   |