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

- □ Rope
- □ Belay/rappel device
- □ Locking carabiners
- □ Nonlocking carabiners
- □ Sewn runners
- □ Quickdraws
- □ Chalk and chalk bag
- □ Route description or guidebook
- □ Rope bag
- □ Daypack

Personal Items

**Basics:**
- □ Helmet
- □ Harness
- □ Rock shoes
- □ Hand protection (belay/rappel gloves; tape)
- □ Sunglasses (with retention strap)
- □ Sunscreen
- □ Lip balm
- □ First-aid supplies (see our First-Aid Checklist)

**Other Personal Items:**
- □ Insect repellent
- □ Toilet paper
- □ Sanitation trowel
- □ Hand sanitizer
- □ Camera
- □ Binoculars
- □ Signaling mirror
- □ Approach shoes
- □ Socks (synthetic or wool)
- □ Bandana or neck gaiter
- □ Permits
- □ Bag for collecting trash
- □ Notepad
- □ Pen/pencil
- □ Insect repellent
- □ Toilet paper
- □ Sanitation trowel
- □ Hand sanitizer
- □ Camera
- □ Binoculars
- □ Signaling mirror
- □ Approach shoes
- □ Socks (synthetic or wool)
- □ Bandana or neck gaiter
- □ Permits
- □ Bag for collecting trash
- □ Notepad
- □ Pen/pencil

Clothing & Other Gear

- □ Headlamp or flashlight
- □ Extra batteries
- □ Knife or multi-tool
- □ Multifunction watch
- □ Two-way radios
- □ Cellphone in protective bag
- □ Water bottles ($filled$)
- □ Water treatment method
- □ Duffel (catchall for climbing gear)
- □ Lunch
- □ Energy bars, gels, chews, trail mix
- □ Energy beverages, powdered drink mixes
- □ Wicking T-shirt
- □ Shorts, pants, tights
- □ Skin-shielding items ($hat and clothing$)
- □ Insulation ($vest, jacket, pants, hat, gloves$)
- □ Rainwear
- □ Emergency reflective blanket