



# Trad Climbing Checklist

Our comprehensive checklist can keep you from forgetting anything important. Note: This list is intentionally extensive; not every climber will bring every item on every outing.



## Climbing Gear Basics

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



## Personal Basics

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



## Gear & Clothing Options

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|---|--|
| <input type="checkbox"/> Map ( <i>with protective case</i> )                  | <input type="checkbox"/> Cellphone in protective bag         |
| <input type="checkbox"/> Compass  | <input type="checkbox"/> Emergency reflective blanket        |
| <input type="checkbox"/> GPS  | <input type="checkbox"/> Repair items                        |
| <input type="checkbox"/> Headlamp or flashlight                               | <input type="checkbox"/> Water bottles ( <i>filled</i> )     |
| <input type="checkbox"/> Extra batteries                                      | <input type="checkbox"/> Water treatment method              |
| <input type="checkbox"/> Knife or multi-tool                                  | <input type="checkbox"/> Lunch                               |
| <input type="checkbox"/> Multifunction watch with altimeter                   | <input type="checkbox"/> Energy bars, gels, chews, trail mix |
| <input type="checkbox"/> Matches/lighter/fire starter in waterproof container | <input type="checkbox"/> _____                               |
| <input type="checkbox"/> Two-way radios                                       | <input type="checkbox"/> _____                               |



## Gear & Clothing Options (continued)

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- ☐ Energy beverages
- ☐ Powdered drink mixes
- ☐ Wicking T-shirt
- ☐ Shorts, pants, tights
- ☐ Skin-shielding items (*hat and clothing*)
- ☐ Rain jacket

- ☐ Rain pants or bibs
- ☐ Insulation (*vest, jacket, pants, hat, gloves*)

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



## Other Personal Items

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- ☐ Insect repellent
- ☐ Approach shoes or boots
- ☐ Toilet paper
- ☐ Socks (*synthetic or wool*)
- ☐ Sanitation trowel
- ☐ Bandana or neck gaiter
- ☐ Hand sanitizer

- ☐ Permits
- ☐ Camera
- ☐ Bag for collecting trash
- ☐ Binoculars
- ☐ Notepad with pen/pencil
- ☐ Signaling mirror
- ☐ Trip itinerary left w/friend and under car seat