# Sport Climbing Checklist

**Note:** This list is intentionally extensive; not every climber will bring every item on every outing.

## Equipment basics (quantities depend on route)
- **Rope**
- **Belay/rappel device**
- **Locking carabiners**
- **Nonlocking carabiners**
- **Sewn runners**
- **Quickdraws**
- **Chalk and chalk bag**
- **Route description or guidebook**
- **Locking carabiners**
- **Rope bag**
- **Daypack**

## Personal basics
- **Helmet**
- **Sunglasses (with retention strap)**
- **Harness**
- **Sunscreen**
- **Rock shoes**
- **Lip balm**
- **Hand protection (belay/rappel gloves; tape)**
- **First-aid supplies (see our First-aid checklist)**
- **Sewn runners**

## Other gear and clothing options
- **Headlamp or flashlight**
- **Extra batteries**
- **Knife or multi-tool**
- **Multifunction watch**
- **Two-way radios**
- **Cell phone in protective bag**
- **Water bottles (filled)**
- **Water treatment method**
- **Duffel (catch-all 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**

## Other personal options
- **Insect repellent**
- **Approach shoes**
- **Toilet paper**
- **Socks (synthetic or wool)**
- **Sanitation trowel**
- **Bandanna or buff**
- **Camera**
- **Permits**
- **Binoculars**
- **Bag for collecting trash**
- **Signaling mirror**
- **Notepad**
- **Hand sanitizer**
- **Pen/pencil**

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