

Quick Checklist of Day Rock

The intent of this checklist is to: think about all the typical items for a day of ice climbing; decide what you need to bring; and reference, as a final “out the door” checklist to ensure you have everything. Your guide will help to clarify the below list but please feel free to use it for personal adventures and share with your friends. If you have any questions, don’t hesitate to ask. We are here to help. ☺

Top-Down Check for Equipment, Clothing, & Other

- Helmet
- Sunhat, Buff
- Sunglasses, Sunscreen
- Lunch, Snacks, & Water (Roughly 2L)
- Base & Middle Layers Appropriate for Weather Forecast
- Outer Insulating Jacket (Possible Cold & Windy Situations?...)
- Wind Shell
- Waterproof Jacket/Pants
- Belay/Rappel Gloves
- Harness w/ Belay Device + Locker, Chalk Bag
- Additional Items for Multi-Pitch Climbing
 - Cell Phone
 - Headlamp
 - x2 Lockers, x2 Non-Lockers, 120cm sewn sling
 - Nut Tool for Trad Routes
 - Collapsible Hiking Pole(s)
- Climbing Pants
- Approach Footwear
- Rock Shoes
- Backpack (30-45L vol.), Pack-Cover
- Personal Items
 - Camera
 - TP & Lighter
- Guide’s Gear
 - Log Book, Permits/ACMG Card, Park Day/Overnight Pass, Waivers
 - Communication Devices, First Aid Kit, Splint, Guides Tarp, Blister Kit, Repair Kit, Knife
 - TP & Lighter, Headlamp, Bear Spray, Watch, Phone
 - Map/Compass/GPS
 - Rope, Cams/Nuts/Pitons/Screws/Pickets/Bolts.
 - Lunch, Water