



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
- _____
- _____



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
- _____
- _____
- _____



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
- _____
- _____