Climbing Checklist

By Jefferey Rondman

- ☐ Training
  - ☐ Climbing instruction Seek out an indoor rock climbing studio in your area and sign up for lessons.
  - ☐ Experience Your first few 'real' outdoor climbs should be in a group with a qualified instructor.
  - ☐ Equipment You may be able to rent at first, but eventually you will need your own gear.
  - ☐ Join a club Membership in a rock climbing club makes it easier to find a climbing buddy and may give you more opportunities for fun climbing adventures.
- ☐ Gear
  - ☐ Helmet Never climb bare-headed. You can survive a broken leg - a cracked skull is more dubious!
  - ☐ Harness Buy new if possible; second hand gear should be thoroughly checked over by a professional. A seat harness is better than a simple waist harness.
  - ☐ Rope Choose one that is a different color on each end, meeting in the middle - that makes it easy to see when you have reached the halfway point.
  - ☐ Shoes Real climbing shoes are the only safe footwear to take on a climb. Make sure you wear good socks, too.
  - ☐ Carbiners Locking biners latch securely to your belt harness, so you can tether yourself with confidence. Non-locking biners let you shift ropes and gear as needed.
- ☐ Carry along
  - ☐ Identification You need photo ID, medical insurance cards, and emergency contact info.
  - ☐ Sunscreen. Even in winter, the sun can still burn!
  - ☐ Warm accessories Gloves, hat, and even a bandana to tie around your lower face can stave of frostbite in freezing temps.
  - ☐ First Aid A regular first aid kit plus some pressure bandages.
  - ☐ Food/water Choose lightweight nonperishable high energy food and carry plenty of water.
  - ☐ Communication Cell phones with GPS and 2 way radios are best.
  - ☐ Directions A hard copy map plus a compass should be packed.
  - ☐ Miscellaneous A camera, flashlight and matches should also be part of your climbing kit.
- ☐ On the climb
  - ☐ Stay together Everyone should have radios, cell phones, and everyone else's number in case of separation.
  - ☐ Stay hydrated Drink plenty of water leading up to the day of the climb, and drink water at regular intervals.
  - ☐ Meeting point Have a predetermined meeting point in case of separation.

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- ☐ Turn back time Decide on a time that all parties should turn back.
- ☐ Search and Rescue Know who to call if you get into trouble.