

# Rock Climbing Checklist

By Campbell Rodriguez

- ☐ Rock Climbing
  - ☐ Try indoor rock climbing before going on an outdoor trip.
  - ☐ Make sure all clothing is easy to move in.
  - ☐ Have a safety plan in place before climbing.
  - ☐ Know who you should call in case of emergency and have a group first aid kit.
  - ☐ Make sure you have good tight socks and liners, and good hiking boots.
  - ☐ Bring proper forms of identification.
  - ☐ On the trail, take note of landmarks in case something goes wrong and you have to backtrack.
  - ☐ Be sure to know where your start and end locations are.
  - ☐ Keep an accurate map of the trail with you.
  - ☐ Be sure that at least 2 other people (not in the group) know where you are and when you expect to back.
  - ☐ Be sure that your trip leader has your emergency contact information.
  - ☐ Know your group members names.
  - ☐ Never be afraid to ask the group to stop for a rest or to slow down during a hike.
  - ☐ If you are leading, bring 20% more quickdraws than you need.
  - ☐ If you are leading using trad, bring many different pieces for varying cracks.
  - ☐ If you are leading using trad, bring enough slings for the number of pieces of pro you expect to place.
  - ☐ Always have a backup rappel device, or an extra belay device.
- ☐ Essentials
  - ☐ Navigation - map, compass.
  - ☐ Hydration - water, container/bladder, and treatment method.
  - ☐ Nutrition - extra food for emergency.
  - ☐ Sun protection - sunscreen, sunglasses, hat, lip balm.
  - ☐ Insulation - hat and gloves, light weight jacket, extra layers.
  - ☐ Warmth - lighter/matches, fire starter or stove and fuel.
  - ☐ Illumination - headlamp/flashlight, extra batteries.

- ☐ First Aid - bandages, knife, medicine, duct tape, zip ties, etc.
- ☐ Shelter - tarp, blanket.
- ☐ Safety - harness, helmet, whistle (for emergency signals).