Climbing Checklist

Created: 12/26/2011

# Tasks:

☐ **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.*

☐ **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.*