Rock Climbing Checklist

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# Tasks:

☐ **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).**