



ROCK CLIMBING (Day Trips) EQUIPMENT LIST

Footwear - lightweight hiking shoes for approaches to the climbing sites. Please avoid using sandals.
Day-pack (big enough to hold all your gear plus climbing ropes and equipment – approx 30+ liters)
Outer layer rain jacket - Gore-Tex style
Comfortable clothing for climbing outdoors in a variety of weather conditions (no jeans)
Sunglasses
Fleece jacket/sweater
Sunscreen
Small Personal 1st aid (blister kit, medications, etc.)
Misc. personal items (camera, journal, etc.)
Drink bottles - minimum 1 liter of water or Juice or thermos with hot drinks
Lunch and snacks, as you will not be able to return to your vehicle or local restaurant for lunch.

Technical equipment (supplied if required):

Climbing harness – CE approved seat harness only
Helmet – CE approved climbing helmet
Rock climbing shoes
3 locking carabiners
1 belay device

All other technical equipment is supplied:

Ropes, anchor material, climbing rack, hardware, etc.

Please go over this list before the program to ensure that you are properly prepared. Contact our office if you have any questions, and we can suggest places for you to purchase or rent if needed. Keep in mind that you will be spending all of your time outdoors and that the weather can vary from one extreme to the other.

Here are a few of the stores in the lower mainland region that supply good service and quality outdoor equipment. If you ***need to purchase or rent equipment***, please contact the store well in advance of the course to ensure that what you require is available!

Altus Mountain Gear, 137 West Broadway, Vancouver 604-876-5255 (rentals available)
Climb On Equipment, Squamish 604-892-2243
Coast Mountain Sports, 2201 West 4th Avenue, Vancouver 604-731-6181
Coast Mountain Sports (Park Royal) W. Van. 604 926-6126
Mountain Equipment Co-op, 130 West Broadway, Vancouver 604-872-7858 (rentals available)
Valhalla Pure, Station Square, Squamish 604-892-9092 (rentals available)
3 Vets, 2200 Yukon Street, Vancouver 604 872-5475

Discuss this list with our office staff in advance to make sure you are prepared for the field session. Remember that this is a list of *minimum* requirements for a comfortable day outdoor Rock Climbing. On these programs you will be alternating between traveling and teaching sessions, so plan your clothing to be able to be as efficient as possible.

Remember also that all programs are scheduled to run regardless of weather conditions, so check the weather forecast in the morning before you head out and adjust your gear accordingly!