

Smith Rock Climbing Camps Things to Bring List

(campers may bring extra items but consider travel and storage limitations).

Sleeping bag – quality down or synthetic bag (recommended comfort rated to 0-15 degrees F)

Sleeping pad – Thermarest, ensolite, etc.

Pillow

Shoes- 2 pairs: Approach shoes and sport sandals (heel strap recommended).
(tennis shoes, sandals, approach shoes or light hiking boots ok).

Clothing for the season/forecast. Think “layers”. It may be cool in the morning but warming considerably to peak heat by mid-day.

2 pr pants

3 pr shorts

3-5 short sleeve shirts/sport tops

2 long sleeve top layer

many socks

ample underwear

Swimwear

-loose-fitting pants (not blue jeans or heavy weight cotton) shorts, t-shirts, etc.

-Warm jacket for mornings/evenings in camp

-Poly-pro long underwear – top and bottom

- wind/rain Jacket (not likely to need but just in case)

Personals:

-2-4 one liter water bottles or bladder(min of 3 liters total)

-Sunblock, SPF 12 or higher

-Headlamp

-Sunglasses

Toothbrush and toothpaste, towel, shampoo, soap and any additional health/hygiene toiletries as needed.

Climbing

Personal climbing gear:

-backpack: 30-45 liter pack

-climbing shoes

-helmet, harness

- chalkbag

-belay device and belay carabiner x2

(1 tube style rappel device(ATC) and 1 break assist device (Gri Gri type)

-camera (optional)

***Campers can bring their own personal draws/gear, etc if they have/want but it is not required.

*****Any or all of the above climbing gear items can be provided if arranged prior to arrival.**

Call us: 541-318-7170