

Switchback Travel Rock Climbing Checklist



Gym Climbing

- Climbing shoes
- Climbing harness
- Belay device
- Locking carabiner
- Chalk bag w/ chalk
- Climbing rope (if leading)



Bouldering

- Climbing shoes
- Crash pad(s)
- Daypack or small climbing pack
- Approach shoes
- Brush
- Chalk bag or bucket w/ chalk



Sport Climbing

- Climbing shoes
- Climbing harness
- Climbing helmet
- Climbing rope
- Climbing backpack
- Approach shoes
- Belay device
- Quickdraws
- Rope bag or tarp
- Chalk bag w/ chalk
- Locking carabiner(s)
- Personal anchor system (PAS)

Optional:

- Belay gloves
- Belay glasses
- Stick clip
- Alpine draw(s)
- Rigid quickdraw
- Anchor building material
- Training tools



Trad Climbing

- Climbing shoes
- Climbing harness
- Climbing helmet
- Climbing rope
- Climbing backpack and/or follower pack
- Approach shoes
- Belay device
- Rappel device
- Alpine draws
- Chalk bag w/ chalk
- Cams
- Nuts
- Nut tool
- Personal anchor system (PAS)
- Runners and/or accessory cord
- Locking carabiners
- Non-locking carabiners
- Third hand

Optional:

- Crack gloves
- Walkie talkies
- Shoe keepers
- Progress capture device



Personal Items & Extras

- Water bottle
- Snacks
- Climbing tape
- Headlamp
- First aid kit
- Sun protection
- Extra layers
- Guidebook or topo
- Lip balm
- Nail clippers
- Knife or multi-tool
- Massage gun