

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

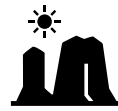


Sport Climbing

- ☐ 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