

Basic Rock Climbing Class

Southwest Outdoor Club

Tempe, Arizona

CHECKLIST

TWELVE ESSENTIALS

1. Extra Food
2. Extra Clothing
3. Map
4. Compass
5. Knife
6. Flashlight & extra bulb/batteries
7. First Aid Kit
8. Sunglasses
9. Waterproof Matches
10. Fire Starter
11. T.P.
12. Signal Mirror

CLOTHING-WINTER

1. Wool Cap
2. Long Underwear
3. Wool/Pile Shirt
4. Wool/Pile Parka
5. Wool/Pile Sweater
6. Wool/Pile Pants
7. Wind Pants
8. Rain Pants
9. Gaiters
- 10 2 pairs light weight socks
- 11 2 pairs heavy weight socks
- 12 Climbing boots
- 13 Glove Liner
- 14 Fiberfill Mittens
- 15 Overmitts
- 16 Rain Gear
- 17 Sun Hat / Bandana

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SUMMER CLOTHING – ARIZONA

1. Sun Hat
2. Long sleeve breathable, lightweight shirt
3. Long pants, breathable, lightweight
4. 2 pairs light weight socks
5. Light weight boots
6. Nylon Wind Shell
7. Balaclava, Sil/Polypro
8. Mittens, lightweight
9. Top, polypro, long sleeve
10. Bottoms, polypro
11. Shorts
12. T-Shirt, cotton
13. Head Band

OVERNIGHT EQUIPMENT – Backpack/Climbing

1. Frame Pack
2. Sleeping Bag
3. Sleeping Pad - Ensolite/Blue Foam/Thermarest
4. Tent
5. Ground Cloth
6. Toilet Kit
7. Stove
8. Fuel
9. Pot
10. Bowl (Plate Optional)
11. Cup
12. Eating Utensils
13. Food
14. Chord to tie up food
15. Change of Clothes for journey home
16. Garbage Bag

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EMERGENCY - First Aid/Forced Bivouac

1. Emergency Tube Shelter
2. Water Purification System (Iodine Tablets/Filter/Boil)
3. Water Collection System
4. Sun Shelter
5. Ensolite Sit Pad
6. Duct Tape

DAY HIKE

1. Day Pack
2. 2/3 liters water with electrolytes
3. Lunch
4. Camera
5. Film
6. Binoculars
7. Sun Screen
8. Lip Bahn, SPF 15
9. Insect Repellant
10. Tennis Shoes
11. Hiking Boots

CLIMBING, ROCK

1. Rope
2. Helmet
3. Seat Harness
4. Carabiners
5. Locking Carabiners
6. Slings, Single
7. Slings, Double
8. Slings, Triple
9. Slings, Prussik
10. Rack of Chocks
11. Cleaning Pick
12. Belay Device
13. Climbing Shoes
14. Belay Gloves

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CLIMBING, SNOW/ICE

1. Ice Axe
2. Crampons
3. Rope
4. Gaiters
5. Long Pants
6. Gloves (Abrasion Resistant)
7. Snow Flukes
8. Ice Screws
9. Ice Pitons
10. Ice Hammer

CAR CAMPING

1. Ice Chest
2. Chairs
3. Tarp with Poles & Lines
4. Games - Frisbee/Cards etc
5. Water, Copious Quantity
6. Change of Clothes
7. Water Bed
8. Stereo