

# Go Beyond Climbing Packing List

## Clothing:

- Rain Gear (tops and bottoms)
- Fleece/Light Jacket (no cotton)
- Hiking Pants (preferably quick dry, not jeans)
- Stretchy/Sturdy pants for climbing
- Shorts
- Longer Shorts for climbing
- T-shirts/Wicking shirts
- Long Sleeve/ Hoody
- Toque
- Thermal layer for Cold Nights
- Clothes to sleep in
- Swimming Suit
- Socks (wool are best for drying fast)
- Underwear/Etc...
- One "bus" outfit for travel days

## Footwear:

- Sturdy hiking shoes
- Running shoes
- Sturdy Sandals with heel strap (no flip flops)
- Climbing Shoes (contact us if you need them)

## Toiletries:

- Toothbrush/toothpaste
- Small containers of shampoo/conditioner
- Soap
- Deodorant
- Lip Balm
- Personal hygiene products
- Towel

## Gear:

- Daypack (school bag size)
- Sleeping Mat (if you have one)
- Sleeping Bag
- Pillow
- Water Bottle
- Headlamp (for caving)
- Backpack (if you have one; 60-80 liters is a good size)
- Any personal climbing gear you want to use

## Misc:

- Small Bible
- Book to read (if desired)
- Sunglasses
- Sunscreen
- Insect Repellent
- Camera
- Journal
- Pen/Pencil
- Any medications

## Do NOT Bring:

- Drugs, Alcohol Etc.
- Ipods, Phones, Electronics, Etc
- Knives or pocket knives
- Matches or lighters
- Junk food, Money