

# Rock Climbing Gear List

## What to Wear

We recommend comfortable clothing that allows you to move freely. Functionality and flexibility is paramount to your comfort throughout the day. Layering with breathable, quick drying materials is always a good idea. Remember, for outdoor athletic activities, "cotton is rotten." You can wear shorts to climb, but bring long pants, a wind breaker (preferably waterproof) and a hat just in case. Heavy hiking boots are not necessary, but wear comfortable shoes that will allow you to scramble over rocky terrain and hike a short distance. Sneakers or trail shoes are best. Avoid open shoes and sandals. Keep in mind that sunny winter days can become surprisingly warm and hot summer days can become cool, so be prepared for any type of weather.

## What to Bring

Bring a lunch and lots of water or sports drinks; at least 2 quarts per person per day. Sunscreen, insect repellent and a brimmed hat is also a good idea. Stuff all your gear in a small to medium sized backpack. A couple of zip lock bags to protect any electronics comes in handy should it rain.

## What to Expect

We usually meet at Rock and Snow in New Paltz at 9 AM. We get geared up at the shop and then head out to the cliffs. Climbing usually involves a short approach hike to the climbing area. We will then climb until about 4 or 5 PM.