

Smith Rock Climbing Camps Things to Bring List

(campers may bring extra of these items but consider travel and storage limitations).

Sleeping bag – quality down or synthetic bag (recommended comfort rated to 0-15 degrees F)

Sleeping pad – Thermarest, ensolite, etc.

Pillow

Shoes- 2 pairs:

1. Approach shoe: (running shoes, sticky rubber approach shoes or light hiking boots ok)
2. Sport sandal: With heel strap(river crossing/wading) NO FLIP FLOPS

Clothing for the season/forecast

2 pr pants

3 pr shorts min

3-5 short sleeve shirts/sport tops

2 long sleeve top layers

Warm jacket for mornings/evenings in camp

Wind/rain Jacket (not likely to need but just in case)

many sock pairs

ample underwear

Swimwear

Think “layers’. It may be cool in the morning but warming considerably to peak heat mid-day.

-loose-fitting pants (not blue jeans or heavy weight cotton) shorts, t-shirts, etc.

Personals:

-2-4 one liter water bottles or bladder(min of 3 liters total)

-Sunblock, SPF 30 or higher

-Sunglasses

Toothbrush and toothpaste, towel, shampoo, soap and additional health/hygiene toiletries as needed.

Climbing

Personal climbing gear:

-Backpack: minimum 30-45 liter pack

-climbing shoes (Good condition!) bringing 2 pairs ok.

-helmet, harness

- chalkbag

-belay device and belay carabiner x2

(1 tube style rappel device(ATC) and **1 break assist device (Gri Gri type) required.**

-camera (optional)

***Campers can bring their own personal draws/gear, etc if they have/want but it is not required.

***Please let us know if you have any gear issues and we can see if we can do from our end. Call us with any questions or concerns as you are planning.**