### Bear Valley & Alabama Hills Rock Climbing Equipment List

### Full & ½ Day Clinics & Climbs

We will be climbing in the outside environment, please bring all the items listed below and be able to carry them in a day pack to the climbing site which is a short hike away from our office. If you have any questions give us a call at 888.797.6867

### The Basics:

### Tennis Shoes, Light Hiking Boots, Approach shoes

### Day Pack

### Hiking shorts or pants

### T-shirt / Hiking Shirt

### Lightweight sweater or jacket

### Sunhat or visor

### Other Important Stuff:

### One to Two Liters of Water

### Sunglasses

### Sunscreen (rated 15)

### Chapstick

### Toilet Paper

### Insect repellent

### Buff / Bandana / face covering

### Small Bottle of Sanitizer

### SWS Provides:

### *Sit Harness – Provided*

### *Helmet – Provided*

### *Rock Shoes – Provided*

### *Technical Rock Equipment*

### Lunches and snacks: Lunches and high carbohydrate snacks-Examples: Clif Bars, Power Bars, GORP (good old peanuts and raisins), bagels, cheese, crackers, cookies, candy bars, dried fruit, hard candy, chocolate, and granola bars.