

## **Smith Rock Climbing Camp Things to Bring List**

Sleeping bag – quality down or synthetic bag (recommended comfort rated to 10 degrees F)

Sleeping pad – Thermarest, ensolite, etc.

Pillow

Shoes- 2 pairs running/walking (tennis shoes, sport sandals, approach shoes or light hiking boots). Also, shoes that can get wet for the rafting trip.

Normal summer clothing – socks, underwear, swimsuits, shorts, t-shirts, etc. The more you bring, the less laundry you'll have to do!

1 pair of loose-fitting pants (not blue jeans or heavy weight cotton)

Warm sweat shirt

Poly-pro long underwear – top and bottom

Jacket (lightweight)

Rain jacket (not likely to need but just in case)

Stocking cap

Hat (baseball cap)

Mesh laundry bag

3 one liter water bottles marked with your name

Sunblock, SPF 12 or higher

Sunglasses (with straps)

Climbing backpack: Younger, smaller pre-teens need a minimum of a 35 liter backpack. Older, stronger teens should have a minimum of a 45 liter pack. The Black Diamond “Boa” and “Jackal” are recommended packs.

Toothbrush and toothpaste, shampoo, soap and additional toiletries (no electrical appliances, i.e. hairdryers)

Two bath towels and a wash cloth

If you like to read, feel free to bring books, but don't forget a headlamp or flashlight for reading in your tent. Cell phones are welcome as a way to stay in touch with your parents and vice-versa. Ipods and other musical devices are fine, but we ask that you use them in moderation.

Bring your own shoes, helmet, harness, chalkbag, belay device and belay biner. All other equipment will be furnished.

***Climbing shoes, harnesses, helmets and some backpacks can be purchased on the Redpoint online store ~ [www.redpointclimbing.com](http://www.redpointclimbing.com). When ordering, enter the code, “camp08” in the coupon portion and you will receive a 10% discount.***