



# SPLORE CLIMBING

## Personal Gear List

- ❑ Rain Jacket or Poncho
- ❑ Sweatshirt, sweater or fleece jacket
- ❑ Hat with chin strap
- ❑ Sunglasses with tie string
- ❑ Tennis shoes/Hiking boots. *No sandals or open-toed shoes.*
- ❑ Personal water bottle with water
- ❑ Sunscreen (30+ SPF)
- ❑ Bug Repellant
- ❑ Medication (if prescribed)

## General Dress Guidelines

- Please dress **comfortably!** We suggest loose pants for climbing, shorts are acceptable. Avoid tight jeans, overly baggy clothing, and skirts.
- Avoid Entanglement: Tuck-in your shirts, don't wear belts, and put long hair into a pony tail.
- No Jewelry Allowed while Climbing!