

Equipment List, 3 day Teen Rock Climbing

Welcome to RAA. The following equipment list includes all the necessary items for you to enjoy and have a safe experience on your adventure. Optional items are listed as such. **Please take the time to read this list carefully.** Good preparation will ensure that you have a good experience.

If you have equipment that you already own we encourage you to use this. If you have any questions on a piece of gear please give us a call or bring them along and your trip leaders will assist you in selecting which items to bring. **At the beginning of the trip leaders will inspect all your equipment to ensure it is suitable for the course.** Anything not suitable can be stored at our office. If you are considering purchasing equipment before the beginning of your course consider contacting one of our preferred retailers. Preferred retailers are familiar with RAA. For a preferred retailer in your area please contact our office.

We look forward to meeting you. If you have any questions please call us at 1 866 837 7141.

Clothing					
Appropriate clothing for the anticipated weather should be packed every day. Clothing is layered for warmth and to adjust to changing weather. Wool or synthetics are preferred for wet weather. This list should be adjusted based on current weather conditions. Your instructor will inform you on how to prepare for the next day.					
Equipment	No.	Description	Comments	Have	Need
T - shirt	1	Avoid cotton on rainy days if possible.			
Base Layer	1	A mid-weight long sleeve- poly pro, capilene or wool shirt.			
Warm Layer	1	Synthetic fleece jacket, full zip, or a synthetic fiber fill jacket			
Wind Layer OR Rain Jacket	1	Lightweight nylon jacket or windproof fleece			
Pants	1	Loose fitting, athletic pants.			
Rain Pants	1 Opt.	Lightweight coated nylon or breathable fabrics. If already own bring them, no need to buy.	OPTIONAL		
Shorts	1	Something that a harness can be worn over in hot weather.			
Warm Hat	1	Wool or Fleece hat.	A toque.		
Sun Hat	1	Baseball cap or hat with a brim.			

Equipment					
Technical equipment listed is supplied as described. You may wish to bring your own. Please note that we request that you do not bring insect repellent as it can potentially damage ropes and webbing.					
Equipment	No.	Description	Comments	Have	Need
Sunglasses	1	Lenses should be dark and block UV and infrared light.			
Sunglasses Retainer	1 Opt.	Chums or Croakies to keep track of your glasses.	OPTIONAL , A good idea.		
Hiking shoes or running shoes	1	Used to approach climbing areas. Sandals are not acceptable.			
Rock Climbing Harness	1	Supplied. You can bring your own if you have one.			
Rock Shoes	1	Supplied. Bring your own if you have them.			
Helmut	1	Supplied. Bring your own if you have one.			
Backpack	1	You will need a day pack. These packs should be around 20 to 35 litres.			
Water bottle	1	Wide mouth 1 litre size. There are many options including a Platypus bottle or stainless bottles.	A camel back is optional.		
Lip Balm	1	Should be SPF 15 or greater.			
Sunscreen	1	Small bottle of SPF 30 or greater recommended.			
Camera	1 Opt.	A small padded case is recommended.	OPTIONAL		