

# Kent Mountain Adventure Center, Inc.

## Climbing Camp Clothing and Equipment List

Outdoor adventures are much more comfortable and enjoyable if proper clothing and equipment are used. It is very important to have comfortable, non-restrictive clothing for rock climbing. July in the mountains can have temperatures in the 90's in the day, to below freezing at night. Although most days are pleasant, be prepared for rain, snow, wind, and cold, as well as hot temperatures. KMAC provides most of the participant's equipment needs; however, you must provide personal clothing items. If you have difficulty finding items or if you have a question, please call. Remember, several layers of clothing are warmer and easier to pack than bulky items. Pack clothing in a duffel sack, gym bag, or backpack labeled with your name. Cotton and synthetic clothing is good for rock climbing and is acceptable on this course, however, some polypropylene layers on top and bottom may be necessary during spells of rain and bad weather.

### KMAC provides each participant with the following items:

foam pad	climbing harness	helmet
belay device	locking carabiners	

Students need to supply their own sleeping bag. Students can use their own foam pad, harness, helmet, belay device and locking carabiner; however, these items must be OK'd by KMAC instructors. KMAC can provide a sleeping bag if necessary.

### KMAC provides each group with the following items:

tents, tarps and ground covers	guide books and topos	cook kits
stove and fuel bottles	first aid kits	food
technical climbing equipment		

### You must provide:

- \_\_\_\_\_ sneakers
- \_\_\_\_\_ lightweight hiking boots
- \_\_\_\_\_ rock shoes (available from KMAC)
- \_\_\_\_\_ cotton socks (4 pr)
- \_\_\_\_\_ wool socks (1 pr)
- \_\_\_\_\_ underwear (6 pr)
- \_\_\_\_\_ comfortable, non-restrictive pants or tights
- \_\_\_\_\_ mid weight pant (pile, polypropylene, wool)
- \_\_\_\_\_ rain pants (waterproof or waterproof breathable)
- \_\_\_\_\_ polypropylene long underwear top
- \_\_\_\_\_ mid weight top (polypropylene, pile, or other synthetic)
- \_\_\_\_\_ heavy weight top (wool, polypropylene, pile, or other synthetic)
- \_\_\_\_\_ rain jacket (waterproof or waterproof breathable)
- \_\_\_\_\_ mittens or gloves (1 pr)
- \_\_\_\_\_ wool or fleece hat (1)
- \_\_\_\_\_ sun hat (baseball cap with visor works well)
- \_\_\_\_\_ bandanna (1)
- \_\_\_\_\_ shorts (3 pr)
- \_\_\_\_\_ t-shirts (3) - cotton is OK
- \_\_\_\_\_ swimming suit
- \_\_\_\_\_ toothbrush, comb/brush, wash cloth, towel
- \_\_\_\_\_ sunglasses
- \_\_\_\_\_ sunscreen, lip balm (SPF 15 or greater)
- \_\_\_\_\_ cup, bowl, spoon
- \_\_\_\_\_ water bottle (**2 quart wide-mouth Nalgene**) **NO tupperware or bike bottles!!!**
- \_\_\_\_\_ **large plastic trash bags (2)**
- \_\_\_\_\_ **journal and pencil**
- \_\_\_\_\_ **head lamp or small flashlight (Mini-Mag light with head strap) and extra batteries**
- \_\_\_\_\_ **day pack (small backpack or rucksack) for carrying rain gear, lunch, water and climbing gear to each site**

**Optional Items:** camera, mosquito repellent, binoculars, Teva-type sandals

All personal equipment will be inspected by KMAC instructors for suitability. Keep in mind outdoor activities can be hard on clothing and equipment.

**DO NOT BRING THE FOLLOWING:**

Radios	tape/CD players	electronic games	watches	jewelry	makeup
Deodorant	extra food and candy	knives			