EDGEWORKS
CLIMBING + GUIDING

Summer Camps
Gear List

Edgeworks provides all group and climbing equipment, including harnesses, helmets, ropes, and first aid kits. Personal items, clothing, and food are your responsibility.

Please bring all of these items to camp each day.

Clothing
Rock climbing attire is similar to that worn in PE or gym class. Mornings are often chilly, so be sure to pack suitable layers to stay warm.

- Shoes
  Light hiking boots or running shoes. No open toed footwear, Crocs, or flip flops allowed. (Active, outdoor games are played.)
- Socks & Underwear
  Ankle-high socks work best in climbing shoes to reduce rubbing and blisters.
- Shirt
- Pants / Shorts
  Something comfortable and stretchy that dries quickly. Shorts are nice for warm days; be sure they are long enough to keep the harness from rubbing on your skin.
- Warm Jacket
  This can be a warm sweatshirt, a synthetic puffy jacket, a thick fleece, or something similar. Two layers might be nice on chilly or foggy days. Campers will go outdoors, even on "indoor" days.

Other Supplies
- Food & Snacks
  Bring enough food for each day. Please don't pack allergy foods, particularly nuts. Don't bring anything that requires cooking during the day.
- Personal Medications
  Bring your personal medications, if they need to be taken during the day. Please tell your instructors where you keep them. (e.g. Inhaler, EpiPen).
- Disposable Camera (optional)
  It's nice to keep some memories of the week at camp!

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Climbing Gear
If you already have items listed below, you may bring them! Otherwise, climbing equipment will be provided.

- Rock climbing harness
  These must be sized properly, have a belay loop, and be in good condition.
- Climbing helmet
  Must be UIAA rated for climbing. No bike, ski, or other non-climbing helmets allowed.
- Rock Shoes
  Sized to be comfortable enough for all-day use.
- Chalk bag
  Recommended. Be sure to have enough chalk inside to last the day.

Outdoor Equipment (for Adventure Rock campers only)
Items in this section are required only on the outdoor days, but are often useful each day.

- Booster Seat
  If your child is shorter than 4'9" and under 13, they will need to bring a booster seat to use in the van. If you do not own a booster, contact us to arrange to borrow one.
- Backpack
  A backpack is required. This is used to hike to the climbing areas. Make sure it can hold your food, water, gear (harness, helmet and climbing shoes), and spare clothing inside; a good sized school bag works well. No string-type backpacks or duffel bags allowed; campers need their hands free while hiking.
- Water bottles
  Bring at least 2 liters/quarts of water per day, more on hot days. There is NO water available on outdoor days.
- Sunscreen
  Bring a spray can or container of sunblock with SPF 40 or higher.
- Sunglasses (optional)
- Belay Gloves (optional)
  Lightweight leather-palmed gloves help protect hands from rope burns, chafing, and dirty ropes.
  Example: gardening gloves
- Rain Jacket
  Bring a rain jacket with a hood if rain is forecast.
- Shade hat / baseball cap (optional)
  A hat with a good brim is nice for protection from the sun.
- Warm Hat / Beanie (optional)
  Something to keep your head warm on cool days
- Sanitation
  Please bring a small container of hand sanitizer, some toilet paper, and hygiene products.