



## 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!*



### **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.*