



3 Day Climbing Trip

PACKING LIST

Our packing lists are detailed to help equip participants with functioning gear that has been successful on SROM courses for over 40 years! Trust us when we say that the items listed as **Required** are non-negotiable. You must have items listed as required. **Recommended** items you may greatly appreciate having while on course, but they are not required. **Optional** items are things you might appreciate having depending on your preferences. All items we have available to rent are listed with a price under the rental column. Our rental and equipment policies can be located after the packing list.

Personal Gear				
Level of Necessity	Qty	Item	Description & Examples	Rental Price
Required	1	Backpack	50-60 Liters to carry personal and group gear to and from climbing areas each day	\$15 (rental pack is 70-100 L)
Recommended	1	Rain Cover for Pack	Pack cover must be large enough to cover your pack fully.	Included in backpack rental
Required	1	Sleeping Bag	Mummy bag ranging from 0 - 25 °F. Down or synthetic.	\$10.00
Required	1	Compression Stuff Sack	Medium size stuff sack with compression straps. Must fit your sleeping bag.	Included in sleeping bag rental
Required	1	Sleeping Pad	Full-length closed cell foam pad or lightweight inflatable pad; max width 25"	\$ 10.00
Required	1	Sleeping Pad Repair Kit	In case of a hole in your inflatable sleeping pad	Included in pad rental
Optional	1	Camp Pillow	Small, lightweight, packable, inflatable camp pillow	X
Required	1	Headlamp (with fresh batteries)	Lightweight and durable LED headlamp	X
Recommended	2-4	Spare Headlamp Batteries	1 set of replacement batteries for your headlamp	X
Required	1	Camp Chair (or Chair Kit)	Crazy Creek Hexalite chair style: simple, lightweight chair for comfort during lessons and meals.	\$5.00
Required	1	Camp Bowl with Lid	Lightweight bowl (~32oz) with secure lid. GSI Fairshare highly recommended.	X
Required	1	Personal Spoon	Durable and lightweight. No "Light My Fire" utensils.	X
Required	1	GSI Pot Scraper	Great for keeping your dishes clean in the backcountry!	X
Recommended	1	Drink mug	Lightweight mug with a lid for hot drinks	X
Required	1	2 Liter Nalgene Water Bottles and/or Water Bladder	Students must be able to carry 2-3 L of water each day to the climbing site	X

Recommended	1	Wrist Watch	Recommend waterproof watch	X
Required	1	Pocket Knife or Multi-tool	Simple, lightweight, collapsible blade (2-3 inches blade length)	X
Optional	1	Emergency Whistle	Small, light, loud whistle. Must be separate from a whistle attached to a pack strap.	X

Climbing Gear				
Level of Necessity	Qty	Item	Description & Examples	Rental Price
Required	1	Climbing helmet	Different from a bike or snowboarding helmet. Must be UIAA approved.	\$5.00
Required	1	Climbing harness*	Must be UIAA approved, in good condition, with gear loops	\$10.00
Required	1	Belay device	Tube style belay for double-rope rappel (either ATC or Edelrid MegaJul)	Included in harness rental
Required	1	Locking belay carabiners	Large locking carabiners, should be HMS style, (e.g., Black Diamond RockLock)	1 Included in harness rental
Required	1	Rock climbing shoes	Shoes should be comfortable for all-day use	\$10.00
Optional	1	Belay gloves	Full-finger leather fitted glove	X
Required	1	Roll of athletic tape	1" width.	X

***SRM requires all harnesses to be no more than 5 years old and in good condition.**

Personal Clothing				
Level of Necessity	Qty	Item	Description & Examples	Rental Price
Recommended	1	Long Sleeve Sunshirt or Sun Hoody	Lightweight wool or synthetic fabric for sun protection	X
Required	1	Long Sleeve Base Layer	Light-weight base layer; synthetic or wool	X
Recommended	1	Short Sleeve Base Layer	Short sleeve wicking shirt or modest tank top	X
Required	1	Long Sleeve Insulating Pull-over	Mid to light-weight fleece	X
Required	1	Down or Synthetic Jacket	Long sleeve insulated jacket (down or synthetic). Hooded preferred. 600+ fill for down recommended.	\$15
Required	1	Rain Jacket	Waterproof, lightweight, packable with a hood	\$15

Recommended	1	Rain Pants	Waterproof, lightweight, packable; full-length side zippers highly recommended	X
Required	1	Long Pants	Hiking/climbing pants, protection from abrasion	X
Required	1	Long Underwear Bottoms	Long underwear baselayer bottoms, wool or synthetic	X
Optional	1	Climbing Shorts	Durable shorts longer in length	X
Required	2-3	Underwear	Synthetic or wool, quick drying	X
Required (for women)	1-2	Sports Bra	Synthetic or wool, quick drying	X
Required	2-3 pair	Hiking Socks	Medium weight wool or synthetic blend hiking socks	X
Required	1	Insulating Hat	Warm wool or fleece hat; should cover your ears and fit under helmet	X
Recommended	1	Ball Cap or Visor	For sun protection	X

Clothing

The weather in Wyoming tends to swing between extremes. The layers on the packing list will allow you to quickly and efficiently adjust to the temperatures and conditions. The granite at Vedaauwoo is sharp, so please plan on bringing clothing that will protect your arms and legs. Please do not bring cotton as if it gets wet, it is very slow to dry and cold in the process.

Rain Gear is crucial equipment in mountain climates. It not only keeps you dry when it counts, but it also acts as a protective outer shell against wind and cold. Rain pants and rain jackets must be rated “waterproof” by the manufacturer, and be of a minimal design for backpacking. Ski jackets with lots of pockets are not acceptable. Single layer waterproof fabrics such as Gore-Tex® or Conduit® are examples of good material. Jackets should have only two or three pockets and rain pants should have an ankle or knee-length zip on the side for getting them on over boots. Light weight (16oz) and the ability to compress tightly are highly desirable features.

Foot Protection				
Level of Necessity	Qty	Item	Description & Examples	
Required	1	Hiking or approach shoes	Durable closed-toed shoes suitable for hiking on trails and approaching climbs.	
Optional	1	Camp Shoes	Recommend old, closed-toed tennis shoes for use around camp.	

Foot Protection

SRM does not permit open-toed shoes while on course. You will not need an aggressive hiking boot on this course, but please do plan on bringing sturdy, durable shoes with excellent traction for approaches and scrambles.

Personal Toiletries			
Level of Necessity	Qty	Item	Description & Examples
Required	1	Sun screen	Minimum SPF 30; 2-3 oz bottle
Required	1	Lip balm	Chapstick with SPF 15+
Required	1	Toothbrush	Travel toothbrush (with a cover for bristles) is ideal.
Required	1	Toothpaste	Travel size (1 oz) tube
Required	1	Hand sanitizer	Travel size (1-2 oz) bottle
Required	1	Wet wipes	2-3 wipes per day in small package or ziploc
Required	1	Personal waste disposal bag	Quart size Ziploc bag to pack out wet wipes, feminine hygiene products, etc. (You may want to cover the outside in duct tape.)
Required	1	Biodegradable soap	Travel size 1-2 oz bottle.
Optional	1	Insect repellent	Small 1-2 oz bottle of potent insect repellent. No aerosol cans.
Required (for women)	As needed	Feminine hygiene products	Enough tampons or pads for 1 cycle; extra wet wipes.
Required	1	Bag for toiletries	Small, lightweight bag for keeping personal toiletries organized
Required	1	Personal medications	SROM instructors carry many OTC medications in the first aid kits. However, if you regularly take an OTC med., please bring your own supply. Bring your own prescriptions.

Personal Medication: If you are bringing prescriptions, we need full disclosure of the medications you are bringing on your course Medical Form. All prescriptions must be under your name (or minor's name) and in their original containers. Minors' medications will be carried by the course instructors and given out according to the dosage/frequency as listed on the Medical Form and the medication container. Students with anaphylactic allergies will be allowed to carry their personal epi-pen.

Personal Items			
Level of Necessity	Qty	Item	Description & Examples
Required	1	Sunglasses	100% UV protection
Recommended	1-2	Buff or Bandanas	Good for sun protection
Recommended	1	Notebook and Pen	Small notebook to take notes during devos or for personal journaling. Compact and lightweight; 8x6 or 6x6.
Required	1	Bible	Lightweight travel size, includes both Old and New Testaments
Required		Personal Snacks	SROM provides all the food you will need. If there are snacks you would like to have (Clif bars, gummies, jerky, dried fruit, etc.), you may bring 1 Quart size ziploc worth with you into the field.

Optional		*Coffee or other hot beverage	SROM provides hot tea and hot cocoa but no coffee . If desired, bring your own and a way to brew it. See below "Drinks."
Optional	1	Camera	Small, lightweight camera with durable case. Students are not allowed to use cell phones for cameras.
Required	1	Extra change of clothes for use at the beginning and end of the course while students are at the building. There will be a place to store belongings at SROM and lock away valuables while on course.	

SROM Equipment Policy

SROM equipment selection and the outfitting of each student are critical to the success of each course. Proper equipment drastically affects the course in terms of safety and comfort. At the beginning of each course, students check out group gear. During this gear check-out time, students inspect equipment and note any pre-existing wear or damage. When students return gear, SROM staff inspect it as it is checked in. Any gear damage observed at check-in that was not previously noted at the time of check-out becomes the financial responsibility of the students. Lost or damaged group gear will be charged on a pro-rata basis to all members of the group that were using the gear. Students will be informed of all charges related to damaged or lost gear, and those itemized charges will be added to their invoice.

Rental Items

Please notify Customer Support if you would like to rent any personal gear items. We must receive rental requests a minimum of a week in advance of your course start date, and payment in full for rental or purchase items is required before equipment is taken into the field. As with the group gear, you are responsible for any damage while using these items on course.

Questions?

If you have questions about gear, feel free to connect with our Customer Support staff by emailing support@srom.org or calling 307.755.0642. We look forward to helping you prepare!