



## *Solstice Alpine Guides Helpful Hints – Rock Climbing Courses*

These are items that we ask you to bring along during your course and some healthy tips for getting the most out of your adventure.

### **Items to bring:**

- Day pack for bringing your belongings
- Good runners or hiking boots
- Lunch
- Water - 2 liters
- Camera
- Sunglasses, sunscreen, lip balm
- Toilet paper
- Note pad
- Active wear ie :sweat pants
- T-shirt and shorts (summer)
- Warm layers (weather dependant)

### **Healthy Hints:**

- Trim finger and toe nails
- No jewelry - hands mainly
- Long hair, tied back

Also, come to our course physically fit. If you do not prepare for one of our courses in terms of being in reasonable condition you will not benefit from the experience as much as you could have if you were in reasonable condition

