

Packing for Your Climbing Day

Here is the list of things you should pack for your single climbing day with us. Feel free to reach out if you have any questions. Email us at swingoclimbing@gmail.com

- Clothes you can be active all day in
 - Hiking pants (helps with possible poison ivy in the area), sun shirts, etc.
- Closed-toed shoes to hike or scramble in (approach shoes, hiking boots, etc.)
- Extra layers
 - Wind layers, rain layers, sweaters, light down jackets (weather can change dramatically in the mountains during the summer days in Colorado).
- Climbing gear (climbing shoes, harness, helmet, chalk bag, please reply to your leader if you need any gear from us)
- Sun Protection: Sunscreen, a sun hat/baseball cap, sunglasses, chapsticks
- 2L water (minimum)
- Sufficient food (snacks and lunch for the day)
- Any medication you may need (prescriptions, OTC, etc.)
- Backpack to carry all your items
- Other personal items: camera, trekking poles, etc.