

**THE RESCUE DYNAMICS / BASIC CLIMBING EQUIPMENT CHECKLIST**  
**prepared by CYRIL SHOKOPLES © 1986**

**ESSENTIAL ITEMS**

- |   |   |
|---|---|
| <input type="checkbox"/> Bag Lunch for each day of the course             | <input type="checkbox"/> Leather gloves                       |
| <input type="checkbox"/> Rain gear (pants, jacket)                        | <input type="checkbox"/> Toilet paper (small personal supply) |
| <input type="checkbox"/> Boots or rock climbing shoes, as appropriate     | <input type="checkbox"/> Moleskin for Blisters                |
| <input type="checkbox"/> Sunglasses or Glacier Goggles                    | <input type="checkbox"/> Water bottle / thermos               |
| <input type="checkbox"/> Lipsalve / Sunblock (SPF 15 or better)           | <input type="checkbox"/> Sunscreen cream (SPF 15 or better)   |
| <input type="checkbox"/> Toque / balaclava                                | <input type="checkbox"/> Warm jacket or sweaters              |
| <input type="checkbox"/> Sun Hat  | <input type="checkbox"/> Day Pack                             |
| <input type="checkbox"/> Gaiters - for courses involving snow or ice only | <input type="checkbox"/>                                      |

All of the above to be packed in your Day pack. Your day pack should still have room for some group climbing equipment.

**CLOTHING**

- |   |   |
|---|---|
| <input type="checkbox"/> Pants or knickers  | <input type="checkbox"/> Long sleeve shirts     |
| <input type="checkbox"/> T-shirts, long johns                                     | <input type="checkbox"/> Wind pants or warm-ups |
| <input type="checkbox"/> Socks & underwear  | <input type="checkbox"/> Gloves or Mittens      |
| <input type="checkbox"/> Anorak / outer jacket                                    | <input type="checkbox"/> Handkerchief           |
| <input type="checkbox"/> Snowseal / boot waterproofing                            | <input type="checkbox"/> Spare laces            |
| <input type="checkbox"/> Extra change of clothing left in the car for your return |   |

**CAMPING EQUIPMENT (for those who will be camping)**

- |  |   |
|--|---|
| <input type="checkbox"/> Sleeping Bag, pillow  | <input type="checkbox"/> Foamie / ensolite / thermarest |
| <input type="checkbox"/> Tent, Fly & poles     | <input type="checkbox"/> Ground sheet                   |
| <input type="checkbox"/> Food                  | <input type="checkbox"/> can opener                     |
| <input type="checkbox"/> Cup & bowl            | <input type="checkbox"/> Eating utensils                |
| <input type="checkbox"/> Pots / pans & holder  | <input type="checkbox"/> Stove & Gas                    |
| <input type="checkbox"/> Matches &/ Lighter    | <input type="checkbox"/> Candles                        |
| <input type="checkbox"/> Flashlight / headlamp | <input type="checkbox"/> Spare batteries & bulb         |
| <input type="checkbox"/> Pocket knife          | <input type="checkbox"/> Garbage bags                   |
| <input type="checkbox"/> Comfortable shoes     | <input type="checkbox"/> Saw or axe                     |
| <input type="checkbox"/> Fire starter          | <input type="checkbox"/> Sponge or J-cloth              |

**PERSONAL ITEMS**

- |   |  |
|---|--|
| <input type="checkbox"/> Money                  | <input type="checkbox"/> Personal identification |
| <input type="checkbox"/> Insect repellent       | <input type="checkbox"/> Personal medications    |
| <input type="checkbox"/> Personal First Aid Kit | <input type="checkbox"/> Toothbrush, paste       |
| <input type="checkbox"/> Soap, towel, brush     | <input type="checkbox"/> Shaving kit, comb       |
| <input type="checkbox"/> Swimsuit / shorts      | <input type="checkbox"/> Camera & Film           |
| <input type="checkbox"/> Reading material       | <input type="checkbox"/> Writing material        |

**CLIMBING EQUIPMENT (Optional - all technical gear except rock shoes & mountaineering boots provided)**

- |   |   |
|---|---|
| <input type="checkbox"/> Helmet                       | <input type="checkbox"/> Climbing rope            |
| <input type="checkbox"/> Harness                      | <input type="checkbox"/> Rescue pulleys           |
| <input type="checkbox"/> Carabiners                   | <input type="checkbox"/> Pitons & hammer          |
| <input type="checkbox"/> Prusik slings (two 7mm X 5m) | <input type="checkbox"/> Chocks, nuts, cams, etc. |
| <input type="checkbox"/> Slings for anchors & runners | <input type="checkbox"/> Rappel device            |
| <input type="checkbox"/> Belay device                 | <input type="checkbox"/> Bolt hangers             |

For snow & ice and alpine climbs or courses add the following

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> Ice Axe    | <input type="checkbox"/> Crampons     |
| <input type="checkbox"/> Ice screws | <input type="checkbox"/> Snow anchors |