# Rock Climbing Trip Packing List

What to Pack · https://northernfrontier.org/resources/rock-climbing-packing-list/

The following packing list is recommended for campers attending our Rock Climbing Trip.

☐ T-shirts (4)
☐ Sweater (1) – Light wool or fleece
☐ Rain jacket – Lightweight
☐ Windbreaker jacket
☐ Hiking shorts (2)
☐ Hiking pants (1)
☐ Swimsuit (1)
☐ Underwear (8)
☐ Socks (8)
☐ Hiking socks (2)
☐ Sneakers
☐ Hiking shoes
☐ Rock climbing shoes
☐ Water shoes or sandals
☐ Bible (small), journal & pen
☐ Body soap & shampoo
☐ Showering towel & washcloth
☐ Swimming towel
☐ Toothbrush & toothpaste
☐ Pillow
☐ Sleeping bag – Lightweight, synthetic
☐ Sleeping pad
☐ Waterproof stuff bag
☐ Flashlight, headlamp & batteries
☐ Sunglasses

☐ Hat

☐ Sunscreen

☐ Insect Repellent

☐ Waterbottle

**Optional Items:**

Comb or brush, camera, helmet, harness, chalk bag*, compass, hiking backpack.

**Northern Frontier provides**:

Packs, tents, food, cooking equipment and utensils, rock climbing ropes, helmets, harnesses, canoes*, paddles*, personal floatation devices (life jackets)*, dry bags, and water filters.

**If Applicable. Canoeing is not typically part of the Rock Trip.*

**What NOT to bring:**

✗ Electronic devices, including but not limited to radios, cell phones, tablets, laptops, or portable gaming systems, are not permitted.

✗ Knives or hatchets are not permitted.

✗ Rock climbing ropes.

**NOTE:**

Northern Frontier is in the Adirondacks Mountains. Cold or wet weather is always a possibility, so pack accordingly.

We strongly recommend marking personal items with the camper’s initials.

*Using your personal equipment will be at the Rock Climbing Instructor’s discretion. Northern Frontier’s equipment has been purchased and inspected with safety as the primary concern. Northern Frontier's equipment will be used if the instructor shows any hesitation or has any questions.