



What to bring for a one-day climbing trip

- _ Loose-fitting clothing
- _ Sunscreen
- _ Chapstick with sunscreen
- _ Water bottle
- _ Wide brim hat, with straps, to shade your face
- _ Sunglasses
- _ Light hiking boots or tennis shoes (sandals are *not* recommended)
- _ Camera
- _ Change of clothes for end of trip (optional)
- _ Lunch, if not provided by Peak 7 Adventures
- _ Peak 7 Adventures Release Form

*** Always feel free to ask if you would like to bring an item not listed. Our staff will be glad to let you know if the item would be of use on the trip.

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