

## Rock Climbing

### Equipment:

- T-shirt  
Loose fitting or stretch shorts  
Loose fitting light pant  
Socks, light weight  
Approach shoes (sticky rubber type or running shoes)  
Shirt or turtleneck
- Warm hat and light gloves if poor weather is in the forecast  
Pile, bunting or wool sweater  
Wind breaker or light rain jacket
- Sun hat  
Sunglasses  
Sunscreen
- Day pack  
1-liter water bottle
- Camera (optional)
- PERSONAL CLIMBING EQUIPMENT  
If you already own a rock climbing shoes, climbing harness, climbing helmet, chalk bag, gear sling, prussik loop, belay/rappel device, nut cleaning tool, you are welcome to bring them. However, they are not required and will be provided if necessary.
- Suggested Snacks:
  - 3 oz. protein source (cheese, dried meat or other source)
  - 2-3 oz. crackers or light bread or bagels
  - 3 oz. nuts or dried fruit
  - 2 oz. sweets (chocolate, lemon drops, dextrose or energy bars)
  - Drink mix

### Requirements:

- You must be registered for NO BARRIERS FESTIVAL.
- You must submit **signed Alpine Skills International Release and Medical forms** when you sign up for Clinic.
- Sessions are limited to 20 participants.

Alpine Skills International reserves the right to determine suitability for rock climbing on a case by case basis.