

# SQUAMISH ROCK GUIDES - EQUIPMENT CHECKLIST (BOULDERING)

## Personal Clothing

- sturdy approach shoes or hiking shoes (no sandals please)
- warm clothing (polar fleece or down recommended for colder days)
- toque or warm hat
- warm gloves
- shorts for hot days
- sun glasses
- sun screen
- sun hat for hot days

**Note:** Many people underestimate how cold it may get spending the day outside in Squamish. Please come prepared as the boulders in the forest stay quite cool, even on warm days.

## Personal Climbing Equipment

- rock shoes (slippers AND edging shoes if you own both)
- chalk bag
- \*crash pad

**\*Note:** If you do not own some (or any) of the above personal climbing equipment, please let us know and we will provide it as part of the program.

## Miscellaneous

- shoulder bag or backpack big enough to carry personal gear (30-40 litres approximately)
- food for a full day outside
- water (1 litre in cold weather, 2 litres in hot weather recommended)
- mosquito repellent
- camera

Contact us at: (604) 815-1750 or [info@squamishrockguides.com](mailto:info@squamishrockguides.com)

