



**SWS Mountain Guides**  
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## **Bear Valley & Alabama Hills Rock Climbing Equipment List**

### **Full & ½ Day Clinics & Climbs**

We will be climbing in the outside environment, please bring all the items listed below and be able to carry them in a day pack to the climbing site which is a short hike away from our office. If you have any questions give us a call at 888.797.6867

#### **The Basics:**

- Tennis Shoes, Light Hiking Boots, Approach shoes
- Day Pack
- Hiking shorts or pants
- T-shirt / Hiking Shirt
- Lightweight sweater or jacket
- Sunhat or visor

#### **Other Important Stuff:**

- One to Two Liters of Water
- Sunglasses
- Sunscreen (rated 15)
- Chapstick
- Toilet Paper
- Insect repellent
- Buff / Bandana / face covering
- Small Bottle of Sanitizer

#### **SWS Provides:**

- *Sit Harness – Provided*
- *Helmet – Provided*
- *Rock Shoes – Provided*
- *Technical Rock Equipment*

**Lunches and snacks:** Lunches and high carbohydrate snacks-Examples: Clif Bars, Power Bars, GORP (good old peanuts and raisins), bagels, cheese, crackers, cookies, candy bars, dried fruit, hard candy, chocolate, and granola bars.