

Smith Rock Gear List

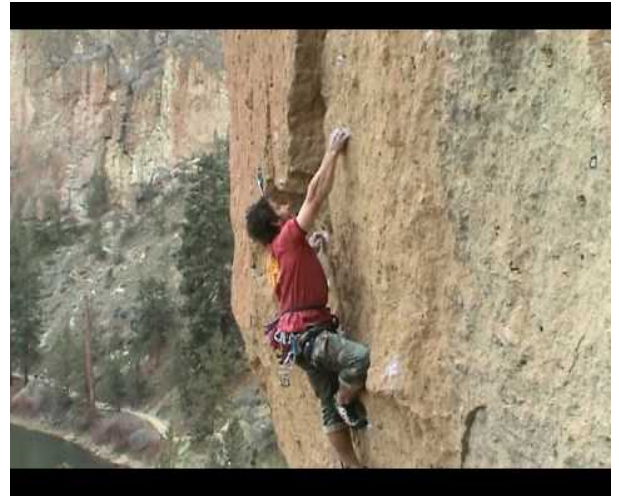
Duration: 1 night

Season: November

Activity: Guided Rock Climbing Excursion

Meals Provided: Fri. dinner, Sat. breakfast & lunch

Meals on your own: Fri. lunch



Matt Spohn, Professional Climber & Guide;
Stoneworks Climbing Gym

Smith Rock State Park website: http://www.oregonstateparks.org/park_51.php

Use this list as a guide, don't stress if you don't own every single item.

CLOTHING (bring stuff you don't mind getting dirty)

Outerwear

- waterproof/breathable jacket (rain shell)
- waterproof/breathable pants (rain shell)
- fleece/synthetic jacket or wool sweater
- waterproof gaiters (optional)
- synthetic hiking pants
- rain poncho (optional)

Base Layer

- midweight long john top
- midweight long john bottoms
- long sleeve T-shirt
- synthetic T-shirt
- synthetic briefs & bra (if you're a lady)

Accessories

- wool/fleece hat
- midweight wool or fleece gloves
- bandana (optional)

Footwear

- camp footwear: sandals, clogs, etc.(optional)
- waterproof hiking boots (ideal, sturdy sneakers okay)
- wool or synthetic socks (3)

GEAR

- daypack for hiking(optional)
- rain cover for pack (garbage bag will do)
- three-season down or synthetic sleeping bag w/ stuff sack

A note on synthetics: Cotton is heavy and cold when wet. Synthetic material (such as polyester) dries faster, keeping you warmer. While this material is preferred a sweatshirt and long sleeve cotton t-shirt are okay as long as you have a back up rain shell to pull on.

We will not be climbing if it's raining!

Pillow (optional)

- inflatable sleeping pad (patch kit optional)
- lighter and waterproof matches (optional: one of the 10 essentials)
- snack food
- headlamp w/extra batteries and bulb - or - flashlight
- binoculars (optional)
- camera, extra batteries (optional)
- notebook/journal, pen (optional)
- 32 oz. water bottles (2)
- pocket knife or multitool (optional)
- compass or GPS (and map) (optional: one of the 10 essentials)
- sunglasses
- watch with alarm (optional)
- first-aid kit with personal medications
- “wallet” with car keys, cash, etc.
- assorted zipper-lock bags (for trash)
- sport towel (quick dry, or cotton)
- deck of cards & paperback (optional)
- earplugs (if your tent mate snores)
- lip balm
- personal toiletries (keep these to a minimum, essentials only: contact lens solution, etc.)

*A note on electronics:

iPods okay for personal use in van
and for quiet time in camp (I like
falling asleep to music).

Cell phones okay for communicating
with parents & emergencies.

Leave portable DVD players &
laptops at home please.