

# CSUSB Adventure Climbing

## Packing List

(Items in **Bold** are available to check out)

### Pack and Sleeping:

- Day Pack

### Upper Body:

- **Waterproof Jacket**
- Fleece Jacket or Sweatshirt
- Synthetic Long Sleeve Top(s) – Polypro, Capilene, or Polyester
- Cotton or Synthetic Blend Hiking Shirt (Breathable Layer)
- Cotton or Synthetic Camp Shirt (a Clean Shirt to Wear after)
- Sports Bra

### Lower Body:

- Light Weight Long Pants/ Cotton or Synthetic Hiking Pants
- **Waterproof Pants**
- Underwear
- Synthetic Long Underwear if needed

### Feet, Hands, and Head:

- Hiking Boots
- Hiking Socks (No Cotton)
- Wide Brimmed Shade Hat

### Personal Items:

- **Harness**
- **Climbing Shoes**
- **Helmet**
- Sunscreen
- Insect Repellant
- First-Aid Supplies (NSAIDs, Band-Aids, After Bite, personal medications, blister care)
- 2 Reusable Water Bottles (1 quart)
- Sunglasses
- Trash Bags
- Camera, book, or journal (optional)

### Group Equipment that CSUSB Adventure will provide:

- **Expedition First aid Kit**
- **Ropes, Climbing Gear**
- **Chalk Bags and Chalk**

### PERSONAL ITEMS

- ☐ Reusable/crushproof water bottles
- ☐ 1 Hat
- ☐ Sunglasses
- ☐ Sunscreen
- ☐ Camera (optional)
- ☐ Book or Journal (optional)
- ☐ Toiletries

### EQUIPMENT LIST FOR CSUSB OUTDOORS

- ☐ First Aid Kit
- ☐ Ropes
- ☐ Crash pads
- ☐ Belay Device w/locking carabineer
- ☐ Chalk

