

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

