

**OUTDOOR LEADERSHIP LAB
GEAR LIST
ROCK CLIMBING & RAPPELLING**

Climbing harness (1)

Climbing helmet (1)

Figure-eight descender (1)

Locking carabiners (3)

Sleeping bag and ground pad for overnight trip (1)

Day pack to carry personal gear to climbing site (1)

Water bottle (1 or 2)

Optional equipment for basic -*strongly recommended for advanced*

Climbing shoes (can be rented from climbing store)

Rope ~150 ft (dynamic kernmantle)

50 ft of 1-inch tubular webbing (can be in 10' and 20' lengths)

Extra carabiners, non-locking and locking

Climbing protection gear such as stopper, slings, cam, runners, etc.

NOTE: Before coming to OLL, please mark all personal gear for easy identification.