

# BIG DADDY CHECKLISTS CLIMBING

## Basics

- Hydration
- Nutrition
- First aid kit
- Sun protection
- Map/Compass
- Flashlight/Headlamp
- Knife/Multi-tool
- Permits
- Identification documents
- Cash/Credit/Debit cards
- Cell phone

## Gear

- Day pack
- Chalk bag and chalk
- Climbing harness
- Belay device
- Climbing rope
- Climbing helmet
- Quickdraws
- Climbing backpack
- Shelter/Bivy
- Nuts and nut tool
- Alpine draws
- Crash pad
- Trashbags
- Stick clip
- Locking carabiners
- Nonlocking carabiners
- Autoblock
- Topo or guidebook
- Follower pack
- Binoculars
- Personal anchor system
- Anchor supplies
- Climbing tape
- Brush

- Portable charger
- Camera
- GoPro

## Personal Care & Hygiene

- Lip balm
- Hand salve
- Hand sanitizer/Disinfectant
- Insect repellent
- Toilet paper
- Sanitary trowel

## Wearables

- Belay glasses
- Sunglasses
- Hat
- Bandana
- Hair ties
- Rain poncho
- Durable clothing
- Belay gloves
- Crack loves
- Climbing shoes
- Approach shoes
- Sandals (for breaks)
- Extra layers

## Emergency

- Whistle
- Walkie Talkies
- Water treatment
- Firestarter
- Signaling mirror
- Extra batteries
- Repair kit
- Duct tape
- Emergency blanket
- Satellite phone

