

JOSHUA TREE ROCK CLIMBING

Adventures in Good Company's suggested packing list

PACKING AND SLEEPING GEAR

- sleeping bag: warm to 20 F
- sleeping pad: "closed cell" foam pad, Thermarest self-inflating pad, or Ridge Rest pad
- day pack: large enough to carry raingear, water, sunscreen, and climbing equipment (1,500-2,500 cu. in.)
- ground sheet: 4' x 8' thick plastic or nylon, for sleeping under the stars if you choose

CLOTHING ** The climate at Joshua Tree is variable. The temperature can range from 50-100 degrees F.

- 1 pair lightweight long underwear top and bottoms: silk or synthetic equivalent (Capilene, Thermastat, Micronamics, Polartec, or polypropylene)
- 1 pair wool or fleece pants (many companies make fleece pants that have lycra woven into them for superior flexibility)
- 1 medium-weight top layer: wool shirt/pull-over or synthetic equivalent ("mid-weight" Capilene, MTS, Thermastat, or Polartec). Many women also pack a warm vest since the temperature changes quite frequently
- 1 heavy-weight top: wool sweater or synthetic equivalent (fleece or pile jacket/pullover)
- 1 pair lycra/cotton tights or active wear pants to wear while climbing (these will protect your legs from abrasion from the rock)
- 1 pair casual, comfortable pants and top to wear on our evening out on the town (also to wear around camp if you like)
- 2-3 pair shorts: many women like to wear spandex or lycra shorts when climbing, be sure you can move freely
- 3-4 T-shirts (one can be a tank top and one should be long sleeved)
- 2-3 pair socks (at least one pair should be a heavyweight wool or cotton/lycra blend such as Ultimax or Coolmax)
- 1 wide-brimmed hat for protection from the sun
- 1 wool or fleece hat
- 1 pair gloves: wool, Capilene, or Polartec
- 1 pair loose fitting windshirt and windpants
- 1 rain parka and rain pants: coated nylon or a **waterproof**/breathable fabric like Gore-tex
- underwear
- swimsuit

FOOTWEAR

- 1 pair lightweight hiking boots or trail shoes (athletic shoes with a good sole will work as well)
- 1 pair rock climbing shoes (these can be rented or bought in Joshua Tree)
- 1 pair sandals (such as Texas, Rail Riders, Chacos) for wearing around camp or when you are not climbing

TOILETRIES

- towel, biodegradable soap, toothbrush, toothpaste, dental floss
- skin lotion, **plenty of sunscreen**, lip protection with sunscreen (SPF of at least 15)
- personal "patch kit": bandaids, safety pins, Spenco 2nd skin and moleskin, first aid tape, ibuprofen, personal medications, if any. Individuals allergic to insect bites must bring an epi-pen. Please consult your physician.

ESSENTIALS

- sunglasses: 100% UV blocking
- 2 one-liter water bottles
- bowl, cup and eating utensils
- headlamp or flashlight with extra bulb and batteries

TECHNICAL GEAR

- 2 locking carabiners and one belay device
- rock climbing shoes
- cloth athletic tape: 1.5" or 2" non-water proof

OPTIONAL

- climbing helmet (If you own one, please bring it; if you plan to use a helmet in the future, consider purchasing one)
- sunshower
- film and camera
- stuff sacks for organizing gear
- wet wipes
- book, notebook, journal
- Crazy Creek Chair
- bandanna
- favorite snack and gatorade powder
- pen and small notepad for taking notes

INTERMEDIATE PARTICIPANTS: Having your own basic rack is useful for those wishing to learn to lead. If you have any of the following, please bring them.

- climbing rack: carabiners, stoppers, Friends, hexes, etc.
- 2-5 slings (1" tubular webbing, 5' length or pre-sewn quick draws)