



## Gear List for Climbing Trips

Specific climbing equipment will be provided to you by the trips program if needed. Please dress appropriately for this trip. Make sure to bring everything listed below to ensure a comfortable and successful climbing trip!

Many items listed below are available for rent in the Outdoor Trip Center in Burdick Hall for a small refundable deposit. Visit our website to see what is available for rent. Please come in and rent equipment **before** the date of your trip.

### Outdoor Trip Center

Burdick Hall Room 122  
Mon – Thurs 6:00 – 9:00 pm  
Fri 12:00 – 3:00 pm  
(410) 704-4438

### Required

- One pair of sneakers, day hikers or boots
- Medications (for allergies, stings, etc.)  
**You must inform us if you take medication.**
- Sun-block
- Small Backpack

### Necessary Clothing

- One pair of shorts or pants (Preferably synthetic)
- One fleece jacket
- One Tee Shirt (Preferably synthetic)
- One hooded rain jacket or poncho

### Specific Climbing Equipment

(Will be provided by program if needed)

- Climbing Shoes
- Climbing Harness
- Climbing Helmet

### Optional, yet Recommended

- Camera
- Camel Back
- Hat
- Snacks
- Sunglasses

### Necessary Equipment

- 1-2 quarts of water (Nalgene preferred)
- Whistle for signaling
- Bagged Lunch

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### Why Synthetic is Best

When the weather turns bad, **synthetic** works great!

Cotton (not synthetic) absorbs and holds moisture, takes a LONG time to dry & doesn't keep you warm when wet!

**Fleece** continues to insulate when wet & dries quickly!

**Polypropylene** repels moisture and keeps you warm!

**Wool** insulates extremely well & does not absorb moisture!

**Nylon** is windproof, waterproof and resists abrasion!

Layering is important!! Be sure to keep warm!!

### Why We Prefer Nalgene!

Nalgene are preferred because they are:

Sturdy

Reliable

Economical

Resistant to staining

High impact resistance (virtually unbreakable!)

Won't retain odors

Withstands sub-freezing to boiling temperatures

Other water bottles don't have **ALL** these qualities

It is not necessary for you to purchase a lot of expensive equipment; many items listed on the other side, you may already own. Items that you choose to purchase may be available at low cost from mail order suppliers or your local outdoor specialty shop. If you would like advice on equipment substitutions, please give us a call. Our major concern is that all participants have appropriate equipment for a safe and comfortable experience.

Please leave jewelry, watches, portable radios/CD players, cell phones, iPods and other non-essentials at home.

**These requirements are for the safety and comfort of participants. Adventure Pursuits reserves the right to refuse involvement in the program to anyone not properly equipped.**

***Alcohol, tobacco, and unnecessary drugs  
will not be tolerated on any trips led by Adventure Pursuits.  
If you have such items, do not bring them!***

[www.towson.edu/adventure](http://www.towson.edu/adventure)

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