

# Equipment for rock-climbing

## Personal equipment

1. Backpack (20-30l)
2. Headlamp + spare batteries
3. Sun glasses (UV3-4)
4. Sun cream w/SPF 30-50
5. Personal First Aid Kit
6. Water bottle
7. Snickers
8. Crooks
9. Light socks for hiking
10. Climbing shorts, or pants
11. T Shirt with short and long sleeves
12. Warm jacket
13. Light windproof jacket
14. Belay gloves

## This items you can rent:

1. Harness
2. Climbing helmet
3. climbing shoes
4. Chalk bag w/chalk