

CLOTHING LIST: ROCK CLIMBING DAY TRIP

When selecting clothing, an important consideration is the material. Cotton clothing does not keep you warm if it is wet and it takes a very long time to dry. This can be desirable on a hot, sunny day but can mean hypothermia on a cool, cloudy, breezy day. Wool and synthetic fabrics dry quickly and will keep you warm, even if they are wet. Several layers of clothing made of these materials are best. This allows you to add or remove layers as your activity level and the temperature change throughout the day. If you do not have everything on the list we encourage you to borrow items from Carolina Outdoor Education's surplus clothing bin. We have rain gear and warm layers available. Make sure and let your Instructors know what you need at the pre-trip meeting.

* - Indicates items available from Carolina Outdoor Education

FOOTWEAR

Approach Shoes: You will need lightweight hiking boots or sturdy tennis shoes for the steep, rocky approach to the climbing site. Tennis shoes can be used for climbing, as well.

***Climbing shoes:** Bring them, if you have them. We have some you can borrow, as well.

CLOTHING

T shirt: You will want a short sleeve shirt for climbing.

***Warm layer:** Medium or heavy-weight shirt or sweater made of fleece or wool. (WEATHER DEPENDENT)

***Rain layer:** You should bring raingear, in case we are caught in a storm and to help keep you warm.

Pants/shorts: Dress for the weather. You may want to have a warm pair of pants over shorts, so you can adjust for the weather and activity level.

Warm hat: Wool or synthetic hat to keep you warm. (WEATHER DEPENDENT)

MISCELLANEOUS PERSONAL GEAR

Sunglasses: Wrap around styles are helpful in windy conditions, especially for those wearing contacts.

***Flashlight:** A small, lightweight flashlight or headlamp in case we are out longer than expected.

***Water Bottles:** 2 bottles, 1 quart each.

Lip balm: Sunburn protection is desirable. (OPTIONAL)

Sunscreen: 1 small bottle or share with someone. SPF of 15 or higher is recommended. (OPTIONAL)

Daypack: If you have a small pack to carry these items it will be helpful. We have small packs as well for carrying gear.

Please remember that mountain weather is often much more dramatic than the weather in Chapel Hill. You have a responsibility to the rest of the group to prepare yourself properly for any weather we may encounter. If you have any questions or concerns please contact the Outdoor Education Center at 843-3233 or e-mail David Yeargan at dyeargan@email.unc.edu well before your trip.