

**Personal Gear List for Devil's Lake Rock Climbing**

<b>Quantity</b>	<b>CLOTHING (AVOID COTTON)</b>	<b>Quantity</b>	<b>PERSONAL (Pack in a Zip-Lock Bag)</b>
1 pair	Dry Camp Shoes (tennis shoes)	1-2	Eye glasses (backup for contacts)
1 pair	*Hiking Shoes (Supportive & durable)	1-2	Contacts/solution/case (extra pair)
2-3 pair	Underwear/bras (sports work best)		Personal Medication (extra)
2-3 pair	Socks	1	Toothbrush/Toothpaste (travel size)
1	Long Underwear (Top and Bottom)	1	SUNSCREEN (higher SPF the better)
1	Lightweight Pants (athletic/nylon work well)		Feminine Hygiene Products
1	Insulating Layer – Fleece/wool sweater	1	Deodorant (optional)
2	Short Sleeved Shirts	1	Small hand/pack towel (synthetic)
1-2	Long Sleeved Shirts	1	Lip Balm/chap stick w/SPF protection
1 set	Outer Layer - Rain Gear		
1-2	Swim Suit/Shorts		<b><u>TRAVEL STUFF</u></b>
1	Hat (sun protection)		Cash For Food Stops
1-2	Bandanas/Buff		
1	Sun Glasses/Case/Lanyard		<b><u>OPTIONAL STUFF</u></b>
1	Shorts quick drying for around camp	1	Crazy Creek – Type Camp Chair (no legs)
1	Heavyweight Pants (non-cotton ie. Fleece)	1	Camera (waterproof if possible)
		1	Fanny Pack (don't laugh)
	<b><u>CAMP STUFF</u></b>	1	Sleeping Pad
1	Sleeping Bag (smaller = Better)	1	Swim Goggles/Shoes
1	*Headlamp/Flashlight (extra batteries)	1	Multi-tool/Pocket Knife
1	Bug Spray (DEET works best)	1	Bug proof head net
1 each	Mug/bowl/Plate/Utensils (small/durable)	1	Instrument/case (if we can fit)
2	Quart Size Water Bottle (Nalgene is Best)	1	Journal/Pen or Book
		Lots!!	Chocolate for the Guides
	<b><u>A POSITIVE ATTITUDE AND HIGH ENERGY!!</u></b>		*Climbing Gear ( <i>we provide it all, but you are welcome to bring your own too</i> )
			*Sandals

**Notes:**

- **Synthetic fabrics are recommended for most clothing ie. Polypropylene, Capilene, Wool, Fleece, or similar.**
- Rain Gear - avoid ponchos (separate jacket and pants if possible)
- Hiking Shoes –Shoes or hiking boots to be worn while on trails, you can wear tennis shoes.
- Light colored clothes to reduce bugs
- Mosquitos are plentiful. Head nets and anti-itch med are not provided by OP, but they can be helpful.
- Female participants should pack feminine hygiene products – physical activity can change your cycle
- **Headlamps are preferred over flashlights, however a flashlight will work. If you wish to purchase a headlamp, we'll sell you one at our cost of \$25 for a Petzl Tikka Plus or similar model (retail \$39.95).**
- If you don't have something on the list or have questions, contact Outdoor Pursuit! 218-625-4940
- You will be car camping, so space isn't as much of an issue. But you still want to be mindful of how much you are packing. Most of this should fit in a single duffle bag.
- If you bring your own climbing equipment please know the age of the gear and we will inspect it.