

UNIVERSITY OF OREGON • PARS • Outdoor Pursuits Program  
Recommended Clothing and Equipment • Rock Climbing 3 Outing

The following items of clothing and equipment are recommendations for the Rock Climbing 3 outing to Smith Rock State Park. Since the park is in the high desert and we are climbing in either the fall or spring, expect a variety of temperature extremes; everything from cold nights and frosty mornings to sunny and warm afternoons. During the fall, expect it to get dark early (it is likely that you will be cooking in the dark).

### **Clothing**

1. Wool hat - 1\*
2. Mitts or gloves - 1 pr.\*
3. Loose fitting pants (for climbing).
4. Long underwear or an extra pair of warm pants.
5. Shorts (to climb in when warm).
6. T-shirt (to climb in when warm).
7. Wool or synthetic sweaters (2). One should be thick. A ski jacket or other winter-weather coat can be substituted for a thick sweater.
8. Rainwear - rain jacket with a hood is a minimum requirement.\* Rain pants and an umbrella are also recommended.
9. Windshell - highly recommended.
10. Wool socks - 1 pr.
11. Boots - light hiking boots or tennis shoes for hiking to and from the climbing areas.
12. Sunglasses & sunscreen.
13. Large day pack.
14. Toiletries and any personal medications. Inform instructors of any medications that you are currently taking.
15. Other recommended items - sun hat, bandana, camera and film, binoculars, watch.

### **Camping Gear**

1. Sleeping bag - should keep you warm at or slightly below freezing (if you have a bag with pictures of ducks inside, bring a blanket as well).
2. Sleeping pad - open or closed cell foam.\*
3. Access to storm-proof shelter (e.g., tent).\*
4. Flashlight or headlamp. Extra batteries and bulb recommended.
5. Water bottle to drink from and a large water jug - there is no water source at the Grasslands. A 2.5-5 gallon jug is ideal.
7. Cooking gear including stove and pots.\*
8. Fuel for cooking.
9. Food - Dinners and breakfasts (2 of each) can be cooked. Hot drinks are recommended. Bring snacks for 3 lunches.
10. Knife
11. Small first aid kit - band aids, athletic tape.
12. \$ for treats en route to and from Smith Rock.

### **Climbing Equipment**

1. Harness - bring your own. Cordelette, prusik and daisy chain as discussed in class.
2. Rock climbing shoes - recommended. REI and McKenzie Outfitters rent shoes, as does Redpoint in Terrebonne, which is right on the way to Smith Rock (more expensive).
3. Ropes, carabiners, helmets, webbing and other climbing items are provided.

\* The University has a few of these items. Do not count on being able to use ours. Other outings may have reserved them.