

Checklist for Climbers by



Boulder (Indoor)

Necessary

- Climbing shoes
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Recommended

- Chalk (Magnesia)
 - Chalkbag
 - Tape (for Finger)
 - Nail file
 - Hand cream
 - Comfortable sportswear
 - Water bottle
 - Backpack
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Optional

- Brush (for cleaning the handles) (often available in the gym)
- Foam roller or ball for warming up (often available in the gym)
- Mobile phone/camera for filming
- Tripod

Boulder (Outdoor)

Necessary

- Climbing shoes
 - Crash pad
 - Brush (for cleaning holds)
 - Comfortable approach shoes
 - Chalk (magnesium carbonate)
 - Chalk bag
 - First aid kit
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Recommended

- Topo/guidebook or app
 - Portable climbing hangboard, ring or ball for warm-up
 - Sunscreen
 - Tape (for fingers)
 - Nail file
 - Comfortable sportswear
 - Water bottle
 - Towel for cleaning shoes
 - Backpack
 - Hat
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Optional

- Mobile phone/camera for filming
- Tripod

Rope climbing (Indoor)(for beginners)

Necessary

- Climbing shoes
 - Climbing harness
 - Belay device
 - Climbing partner
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Recommended

- Chalk + chalk bag
 - Semi-automatic belay device
 - Brush (for cleaning holds) (which can be taken climbing)
 - Belay glasses
 - Comfortable sportswear
 - Backpack
 - Water
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Optional

- Tape
- Nail file
- Safety gloves
- Mobile phone/camera for filming
- Tripod

Important instructions

- Check your equipment before every session.
- Learn proper belaying techniques (for rope climbing).
- Learn proper spotting techniques (especially for outdoor bouldering).
- Respect nature, rules, and access in outdoor areas.
- Never climb alone when rope climbing.
- Note for beginners: A personal rope is not necessary at first, as ropes are usually available in climbing gyms, and no lead climbing experience is required.