

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.