



YETI Outdoor Program

Climbing Overnight - Participant Gear Checklist

- MEDICAL** - If you require any specific medications (Ex: Ventalin, Epinephrine, etc.) make sure you have this with you.
- FOOD**
 - Use the food list we created during the safety night!
 - Personal snacks as required
- PACK** - Daypack for short hikes.
- HYDRATION** - Reusable 1L waterbottle
- LIGHT SOURCE** - headlight (recommended) or flashlight
- TOILETRIES**
- SLEEPING SUPPLIES:** Tents, sleeping bag, sleeping pad. If you do not have these, YETI can supply them.

Clothing:

- Footwear** - Good close-toes shoes for the scramble to the climbing area.
- Warm Evening Wear** - It may get very cool in the evening by the lake.
- Rainwear** - In the event it rains we will be outside. If you do not have these, YETI can supply them.
- Typical outdoor clothing** - pants, long sleeve shirt, hat, sunglasses.

Climbing Gear:

- Clothing** - wear clothing that you can move easily in and the climbing harness can fit over.
- Helmet, Harness and climbing shoes will be provided.