

Rock Climbing Multi-Day Individual Packing List

Used by participants to pack for trip

- Climbing shoes (Voyages can Provide, Indicate size below)
- Harness that fits over the clothes you will be wearing (Voyages provides, Indicate waist size below)
- Helmet (Voyages Provides)
- HMS carabineer (Voyages Provides)
- 2 x 4ft sling (Voyages Provides)
- Backpack (at least 4000cu. in. or you MUST rent below)
- Sleeping bag (Synthetic or down mummy style rated to at least 15°)
- Sleeping pad
- Day pack
- Pack cover or large black trash bag for water repellence
- Wool/synthetic socks (minimum of three pairs)
- Hiking Shoes (sturdy shoes that lace up for hiking short distances)
- Swim suit
- Shorts (one pair of synthetic)
- T-shirt (three pair of synthetic)
- Sports Bras (two pair of synthetic)
- Underwear (three pairs)
- Long sleeve shirt (one synthetic)
- Long underwear (synthetic)
- Warm jacket (fleece or wool)
- Warm top (fleece or wool)
- Warm pants (fleece or wool)
- Waterproof shell (jacket and pants, breathable, with a hood on the jacket)
- Stocking cap (wool or synthetic)
- Brimmed hat
- Gloves
- Bandana
- Camp shoes (crocks, tevas, flip flops etc.)
- Sunglasses/goggles (polarized, broad spectrum UV protection)
- Bowl, Cup, Spoon
- Water bottles (plan on carrying a min. of 2 liters)
- Headlamp/Flashlight (spare batteries and bulb)
- Journal and Pen (Half size steno notebooks are ideal)
- Personal hygiene items
 - Toothbrush/toothpaste
 - Biodegradable soap
 - Gender specific items
 - Wash cloth
 - Sun Block
 - Comb
 - Any medications you may need
- Optional
 - Knife or multi-tool
 - Camera
 - Playing cards
 - Hacky sack
 - Frisbee
 - Instruments (Harmonica, guitar etc.)

Items Available to Rent for Rock Climbing

Fill out, Sign and Send this form to:

Voyages at Pacific University – 2043 College Way – Forest Grove, OR 97116

Clearly **check the item and size** of the items you wish to rent.

Items in bold are required.

- Voyage T-Shirt - FREE**
 - SM
 - MD
 - LG
 - XL
- Harness FREE**
 - XS (waist 20-24in)
 - SM (waist 24-26in)
 - MD (waist 26-30in)
 - LG (waist 30-34in)
 - XL (waist 34-38in)
 - 14
- Backpack 5500 cubic inches \$20
- TORSO IS SM
- TORSO IS MD
- TORSO IS LG
- Climbing Shoes FREE**
SIZE: _____
- Sleeping Bag & Sleeping Pad \$10
 - REGULAR
 - 6'4" OR TALLER
- Sleeping Pad Only (Free)
- Rain Jacket \$5
 - SM
 - MD
 - LG
 - XL
- Rain Pants \$5
 - SM
 - MD
 - LG
 - XL
- Fleece Top \$5
 - SM
 - MD
 - LG
 - XL
- Fleece Pants \$5
 - SM
 - MD
 - LG
- Synthetic Sox \$5
- Warm Hat \$5
- Everything (3 items or more)- \$35

Total Rental Cost: \$ _____

By signing submitting this form I authorize Pacific University to charge my student account the full cost of any rental items that have been ordered here. We will not charge your student account for the rental items until you actually use these items on the trip.

Participant Signature: _____ **Date:** _____

Guardian Signature: _____ Date: _____
(if participant is under 18)