

# Fall Outdoor Experience

## Rock climbing equipment list

Please note that all “group gear” (tents, technical and cooking equipment, food, etc.) will be provided by us.

### Required equipment

- Rock climbing shoes\*\*
- Rock climbing harness (UIAA approved)\*\*
- Rock climbing helmet (UIAA approved)\*\*
- Sleeping bag\*
- Sleeping pad\*
- Insulated mug
- Eating utensils (knife and spoon)
- 2, one-liter durable water bottles (e.g. Nalgene®)
- Small daypack (enough to carry your equipment with you for a full-day. A book bag is sufficient)
- Flashlight or headlamp
- Sunglasses (ideally with a strap)
- Personal toiletries and medications
- Sunscreen
- Bowl or medium Tupperware®

\*These items are available for rent on a limited basis. See the gear rental request form for more information.

\*\*We will provide these items at no cost, although if you have your own you are welcome to bring them. Please do not go out of your way to buy them if you do not currently have them, unless you want to!

### Required clothing

- Closed-toe shoes (preferably with good ankle support)
- Camp shoes (sneakers or tennis shoes)
- Sandals (ideally with an ankle strap, e.g. Tevas® or Chacos®)
- Swimsuit
- Towel
- Change of clothes for three days
  - 2 T-shirts (long sleeve and short)
  - Jeans and/or a Carhart®-type work pants
  - Shorts
- Underwear
- Sun hat
- Insulating bottoms, **non-cotton** (light fleece, Capilene® or polyester insulating layer)
- Light-weight insulating top, **non-cotton** (Capilene® or thin polyester insulating layer)
- Medium-weight insulating top, **non-cotton** (fleece jacket, wool sweater, lightweight down jacket)
- Rain jacket and pants (breathable or coated nylon)
- Warm hat and gloves

### Optional equipment

- Camera
- Book
- Journal
- Camp chair

### Items we don't encourage

Although we don't officially “ban” any of the following items (as a college student you are considered an adult after all), we feel that you will have a better experience if you leave the following items in the residence halls.

- Cell phones (If you can't live with out it, at least turn it off and throw it in your pack for emergencies only. Cell reception is lousy in most places we will visit anyway.)
- Personal music devices (Don't worry, we'll have some kickin' tunes for those long drives)
- Electronic games

# **Rock climbing**

## **Gear Rental Request Form**

Gear is available on a first come first served basis, although we should have enough equipment for everyone (obviously we'll have enough harnesses and helmets for all). We will contact you only if items are not available. If you need items that are listed as free, please mark the quantity column so we know how many of these items we need. You are responsible for the items you rent.

If you would like to rent any of the following equipment, please mail or fax this form along with payment to:

**Fall Outdoor Experience  
University of Wyoming  
Dept. 3604  
1000 E. University Ave.  
Laramie, WY 82071  
(307) 766-6720 fax**

### **Payment**

Payment will be taken at the time of trip. We can accept Visa/Mastercard/Discover, cash or check.

**Participant's name:** \_\_\_\_\_

<b>Item</b>	<b>Price</b>	<b>Quantity</b>
Sleeping pad	\$5	
Sleeping bag	\$13	

**TOTAL \$** \_\_\_\_\_