

## **What to bring**

### **For a one-day rock climbing trip**

- \_ Loose-fitting clothing
- \_ Sunscreen
- \_ Chapstick with sunscreen
- \_ Water bottle
- \_ Wide brim hat, with straps, to shade your face
- \_ Sunglasses, with retaining strap
- \_ Light hiking boots or tennis shoes (sandals are *not* recommended)
- \_ Camera
- \_ Change of clothes for end of trip (optional)
- \_ Meals, if not provided by Peak 7 Adventures
- \_ Peak 7 Adventures Release and Medical Form

\*\*\* Always feel free to ask if you would like to bring an item not listed. Our staff will be glad to let you know if the item would be of use on the trip.

**Peak 7 Adventures- Oregon**  
3048 SW High Desert Dr, Suite Q  
Prineville, OR 97754

503.928.7757  
info@peak7.org  
www.peak7.org

