

# Basic Climbing Attire

The points below cover the minimum items a scout needs to be dressed properly before climbing and rappelling.

## Clothes

- No gym shorts. Cargo shorts or jeans.
- Shirt that fits. No bagginess that can get snagged in devices.
- Tuck in shirt before putting on harness.
- Empty pockets of cell phones, knives, snacks, new pet snake, sticks, pens, or scout books.

## Helmets

- Adjust chinstrap & headband to fit.
- Make sure helmet has no holes, cracks, etc. Report them if it does. ☒ No football, bike, motorcycle, skating, or Darth Vader helmets. ONLY Climbing helmets.
- **ALWAYS** wear your helmet in or near the fall zone. (Inside the wood circle at McGimsey)

## Harness

- Make sure harness has no frays, tears, rips, etc. Report them if it does.
- Waist belt sits above hip bones.
- In Scouting, **climbing harnesses should NOT be worn slack and comfy** like regular pants.
- **Harnesses need to be tight** because full bodyweight on rope stresses a harness more than your hands on the ground can. The harness will open up.
- Tighten it as much as possible. I prefer tightening until just before it hurts.
- **If the harness can't tighten down properly, then don't use it!** The harness is too large.
- Double back all buckles so they don't loosen

## Shoes & Gloves

- No sandals, No bare feet. Toe shoes tear easily from the stress of climbing.
- Sneakers or hiking boots – OK
- Climbing shoes – Best
- Leather gloves for rappelling & belaying

## Knee & Elbow Pads – Not Necessary

- If you like you can wear them.
- Not needed at McGimsey
- On real rock such as Bear Creek or Enchanted Rock, pads won't hurt.
- Don't need to be special. Volleyball pads will do.