



Starter Pack

Rock Climbing

Indoor

Harnesses



- padded waist and legs
- gear loops
- automatic “double-back” buckle
- chalk bag loop at back

Brands: Petzl, Black Diamond, Singing Rock, REI

<https://www.gearx.com/blog/knowledge/climbing/how-to-choose-a-climbing-harness/>

Shoes



- Tight, but not too tight (I like old rentals)
- Velcro slippers for indoor or short routes

Brands: La Sportiva, 5.10, Scarpa, Boreal

<https://www.outdoorgearlab.com/topics/climbing/best-climbing-shoes-womens>

Chalk Bag



- any cool looking one 😊 with small carabiner to clip onto back of harness or use a clip belt
- fill chalk bag ball with loose white chalk
- cheap at gear swaps

Outdoor

Dynamic Rope



- 9 + mm
- 60 meters
- dry sheath
- 2 separate patterns for each half of rope (easy to find center)

Brands: Beal, Black Diamond, Sterling, Edelrid

<https://www.outdoorgearlab.com/topics/climbing/best-climbing-rope>

Quickdraws



- 12 will be sufficient for most outdoor routes (or share 6 with your buddy)

Brands: Petzl, DMM, Black Diamond

<https://www.outdoorgearlab.com/topics/climbing/best-quickdraw>

Locking Carabiner



- 1 (for belay device)
- 4 more if you want to use for anchors with slings (or you can use 2 quickdraws if the route is short)

Brands: Petzl, Camp, DMM, Edelrid

<https://www.outdoorgearlab.com/topics/climbing/best-locking-carabiner>

Belay Device



ATC -XP

- ATC-XP – great for lead climbing, ridges for more friction, can single-rope rappel
- Gri-Gri – great for beginners or if climbing partner is heavy or takes along time on climbs (kids)



Gri-Gri

Brands: Black Diamond ATC, Petzl Gri Gri

<https://www.outdoorgearlab.com/topics/climbing/best-belay-device>



Helmet

- Snug fit around head and easy adjustment
- Easy chin strap adjustments

Brands: Petzl, Black Diamond, Mammut

<https://www.outdoorgearlab.com/topics/climbing/best-climbing-helmet>