

## Required Climbing Equipment and Clothing

All SOAR MORE participants will be required to purchase for his/her personal use the following items:

**Waist Climbing Harness \***

**UIAA/CE Certified Climbing Helmet\***

**Climbing Carabineer\***

**NOTE: When purchasing these items the child should be present to ensure proper fitting.\***

\* **Climbing Helmets** must be UIAA/CE certified (a bicycle or riding helmet do not meet these requirements)

\* **Climbing Carabineer** must be a screw locking carabineer that has a breaking strength greater than 20kN (labeled on the carabineer).

In addition to the climbing equipment listed above, your child should also wear **Boots/Sneakers** and **Long Pants**. Due to all the high tech fabrics available, it should be quite easy to find pants and /or long hiking type shorts for various weather conditions. Leg protection is imperative, so if you choose to use shorts, please include a pair of **long tube socks** as well.

### **Remember to also bring on a DAILY basis :**

|                               |  |
|-------------------------------|--|
| Bathing Suit & Beach Towel    | Extra T-Shirt (especially if girls wear tank/spaghetti straps) |
| Sunscreen                     | Nutritious Lunch & Mid-Day Snack                               |
| Bug Spray with tick repellent | Sweatshirt (for cool mornings/after swimming)                  |
| Baseball Cap/Visor            | Extra Pairs of Socks (for rainy days)                          |
| Refillable Water Bottle       | Backpack to carry it all!                                      |

**For your child's safety please NO dangling earrings, bracelets, necklaces, keys or clothing pulls.**

**All participants must keep their hair sufficiently tied back while on any element so it does not interfere with their vision or become entangled in the climbing equipment.**

### **Looking for a place to find all these climbing items?**

EMS, 753 Donald J. Lynch Boulevard, Marlborough, MA 01752

EMS, 8104 Shops Way, Northborough, MA 01532

New England Backpacker, 6 East Mountain St., Worcester, MA 01606

REI, 375 Cochituate Rd., Framingham, MA 01701