

## 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\*

Lanyard\*

Items can be purchased at EMS or REI.

**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