

What to Wear:

WV Rock Climbing & Rappelling

What to Wear – Rock Climbing & Rappelling

To make your rock climbing & rappelling clinic more enjoyable, plan ahead and come prepared. That way, regardless of the weather, you'll be comfortable and can enjoy the day that much more.

Though rock climbing and rappelling requires physically activity, you will also stand around and watch as others climb or rappel. If it is cool, bring extra layers for comfort.

Have a great climbing experience in the New River Gorge area!

What to Wear Check List

- Comfortable walking shoes, running shoes or anything with enclosed toes (NO flip flops!) You will wear special climbing shoes (provided by us) when you are climbing.
- Long sleeve shirt or jacket (for cooler days)
- Long pants or shorts (rain gear for rainy or windy days) - loose fitting clothing is best!
- Sunglasses with retainer strap
- Sunscreen
- Insect repellent (spring through fall)
- Drinking water
- Camera (automatic or disposable)
- Personal hygiene items
- Small backpack or fanny pack (optional)

Post Trip Suggestions

- Change of Clothes
- Towel
- Toiletry kit