

In any travel or outdoor activity your expected comfort determines what items you bring along. Below is a general list for multi-day sport climbing in Kalymnos. Expect temps to range from 60 to upper 70s but be prepared for chilly winds coming off the water. Climbing gear (rope, quickdraws, belay device, carabiners, etc...) are provided.

CLIMBING GEAR

Leggings or Shorts (3-4 Pieces)	<input type="checkbox"/>
Hiking/Climbing Pants (1-2 Pieces)	<input type="checkbox"/>
Short Sleeve Shirt or Tank (4-6 Pieces)	<input type="checkbox"/>
Long Sleeve Shirt (1-2 Pieces)	<input type="checkbox"/>
Windbreaker/Fleece/Hoody	<input type="checkbox"/>
Light Down Jacket	<input type="checkbox"/>
Swimming Suit (for deep water solo)	<input type="checkbox"/>
Hiking Shoes (for approach)	<input type="checkbox"/>
Hat	<input type="checkbox"/>
Beanie	<input type="checkbox"/>
Raincoat/Rain Poncho	<input type="checkbox"/>
Thin Socks (for climbing shoes)	<input type="checkbox"/>
Daypack (15-25L)	<input type="checkbox"/>
Water Bottle	<input type="checkbox"/>
Climbing Shoes*	<input type="checkbox"/>
Harness*	<input type="checkbox"/>
Chalk Bag*	<input type="checkbox"/>

*Bring if you have them. Otherwise these will be provided.

GENERAL USE

Socks	<input type="checkbox"/>
Underwear/Bras	<input type="checkbox"/>
Swimsuit/Beachwear	<input type="checkbox"/>
Casual Pants	<input type="checkbox"/>
Shirts	<input type="checkbox"/>
Lightweight Sweatshirt or Jacket	<input type="checkbox"/>
Hat	<input type="checkbox"/>
Sandles	<input type="checkbox"/>
Electrical Plug Adapter (European C/F)	<input type="checkbox"/>
Sunglasses	<input type="checkbox"/>
Beach Towel	<input type="checkbox"/>

PERSONAL HYGIENE

Nail Clippers	<input type="checkbox"/>
Hand Balm	<input type="checkbox"/>
Athletic Tape	<input type="checkbox"/>
Sunscreen	<input type="checkbox"/>
Bug Spray	<input type="checkbox"/>
Toothbrush/Toothpaste	<input type="checkbox"/>
Shampoo/Conditioner	<input type="checkbox"/>
Face Wash	<input type="checkbox"/>
Lotion	<input type="checkbox"/>
Medications (Dramamine, Ibuprofen, etc...)	<input type="checkbox"/>

NOTES: