Equipment Needed to Stay Safe When Indoor Rock Climbing

Hello [[firstname]],

Now that you know all about the Safety Rules to Follow When You Rock Climb Indoors (link to this blog post title), we can talk more about the equipment needed.

If you have started looking into indoor rock climbing as an upper body workout option, then you may have realized you will need more than just yourself and some rock climbing gloves for the endeavor. There are a few pieces of equipment that you will need to stay safe when you are indoor rock climbing. Though some of these are offered by most gyms, having equipment that is personal and suited to you is always the best option.

**Harness**

Harnesses are a must have for indoor rock climbing, or any rock climbing at all for that matter. Though most gyms will provide you with a harness, it is best to have one that fits you and works best for your body and needs. Also, keep in mind that if you have your own harness you can make the adjustments you need to make for your body and you are the only one using and maintaining the harness. You know the safety of the harness as well as the wear and tear that has been placed on that harness.

**Chalk Bag**

Chalk is something that most climbers use to keep their hands from getting to wet and slipping on the foot and hand holds. Just like with a harness, the gym will likely provide you with some form of chalk option. For some people though, using a community chalk bag or area may not be ideal. You can purchase a chalk bag and chalk at most fitness stores and in sizes that work best for you and your workout and gear.

**Helmet**

A helmet is something that is standard and frankly that most people want personalized. You don't want to use one that is used by others for various health reasons. You also want a helmet that fits you well and makes you feel safe. If you do take a fall or hit your head during a rock climbing routine, then you will want to make sure that the helmet is secure and fits your head correctly to help protect you during that fall as much as possible.

**Skin Repair**

You may not think about it at first, but skin repair is a huge issue for many climbers. Even with gloves, your hands and skin can have issues that require repair. Look for a skin repair lotion or ointment that is designed for people doing indoor rock climbing or other climbing options. Organic options are also available.

These are only a small sample of the equipment you may want to consider. As you get more in depth and advanced with your indoor rock climbing, you will be able to zone in on the equipment that works best for you.

[sign off]