

# Am I ready to go climbing?



- I am symptom free and have been for 48 hours.
- I know the rules about distance to other climbers.



- I have arranged to climb with a regular climbing partner, so I don't change partners every time.



- I have a full water bottle so I don't have to tap water from a shared water faucet.



- I have my own equipment (incl. climbing shoes), so I don't have to borrow equipment.



- I have my own chalk as either a chalk ball, block or liquid chalk.
- I have indoor shoes or socks with that I can wear when I'm not climbing.