

## **Rock Climbing and Ninja warrior Equipment**

- 1) Most of these equipment comes with just the holds and screws. We will need a strong wall to mount them on. We will also need the items listed below for safety:
  - Belay Device
  - Carabiner
  - Proper shoe
  - Climbing harness
  - Quick-draw
  - Helmet
  - Chalk
  
- 2) Kern family suggests using Flag House or Amazon for purchasing climbing and Ninja Warrior equipment. If we call Flag House and mention Kern Family Health Care School Welness they will give a discount.
  
- 3) See printouts of images and price range for these pieces of equipment.

### **Reference the following:**

<https://www.flaghouse.com/shop.axd/Cart>

[https://www.amazon.com/gp/cart/view.html?ref\\_=nav\\_cart](https://www.amazon.com/gp/cart/view.html?ref_=nav_cart)