

Read this to get ready to rock climb at Palisades State Park.

Check List of what to bring with you

- long pants
- comfortable close toed walking shoes - No Sandals No Flip-flops
- sunscreen & sunglasses
- rain/wind jacket
- water in plastic or metal bottles
- lunch and snacks that you can put in a back pack
- camera
- (optional) personal climbing gear/shoes if you'd like to bring your own

All the needed rock climbing gear is provided.

Details: The Palisades climbing season, usually mid-April through mid-October, generally has very pleasant weather. You should dress for the season. Sunscreen and sunglasses are always recommended.

To be prepared for possible inclement weather a wind shirt or rain jacket and a fleece are handy. Comfortable pants, t-shirts, and sweatshirts work well for summer climbing outdoors. In the spring and fall it is wise to have polypro tops and bottoms (long underwear) as well as a warm hat and light gloves. Wear comfortable sturdy shoes (heavy hiking boots are not necessary) but no sandals. Pick footwear that is made for scrambling over uneven terrain.

Cameras are also great to have along on a climb. Digital photos are great to share with family and friends.

Feel free to bring your own climbing equipment; if we consider it unacceptable, we may insist you use ours. Climbing gear is included for all classes at no extra charge: shoes, helmet, harness, pack and necessary hardware will be provided.

Bring at least 1.5 liters of water in a personal, plastic water bottle or hydration bag. Plastic soda bottles re-filled with water work great. Remaining hydrated is very important, especially for kids. Bring a good sack lunch and some snacks to graze on throughout the day. Food that can stand up to a squishing fares best. Energy bars make excellent climbing snacks.

Directions to Palisades State Park.

Leaving from the Sioux Falls area, drive east on I-90 and take the Brandon exit to your right. Turn left on SD Hwy 11 (482nd Street). Traveling north through Corson, continue to follow SD Hwy 11 and turn right on 485th Street. The Garretson Golf Course will be to your left as you drive south 1.2 miles to the park entrance. As you enter the park, you will need to stop and purchase a park sticker if you don't already have one. You can do this at the park check-in cabin. Just in front and to your left, there is a parking lot with shelter and out-houses. You can plan to meet your guide at this point. Approx travel time 35 minutes.

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