

KIT LIST

ROCK CLIMBING COURSE



Essential items

- Warm outdoor wear which is comfortable to climb in – at all times of year
- Walking trousers
- Thermal layers/base layers, fleeces
- Warm hat
- Gloves
- Sun hat & Sun glasses
- Trainers or approach shoes
- Day rucksack (approx. 40-50 Litres)
- Rucksack liner (e.g. strong bin liner or dry bag)
- Drinks bottle
- Flask
- Waterproof jacket and trousers
- Lunch box/bag
- High factor sunscreen
- Midge repellent
- Small First Aid Kit

Suggested additional items:

- Spare trainers (in case others get wet)
- Torch (head-torch is best, don't forget batteries!)
- Small amount of cash
- Notebook and pen
- Camera
- Book, games etc. for the evenings when you're not on activities

If you already have these items please bring them however, all of these are available to borrow from our stores free of charge

- Rock boots
- Chalk bag
- Harness
- Helmet
- Belay device
- Climbing rack
- Waterproof jacket and trousers

We have an excellent drying room, where clothes should dry overnight if wrung out and hung carefully, but do bring a few changes.

If you are using this course for your Gold Residential for the Duke of Edinburgh's award, don't forget to bring your e-dofe number with you.



PLAS Y BRENIN