

KIT LIST

SELF RESCUE TECHNIQUES



PLAS Y BRENNIN
NATIONAL OUTDOOR CENTRE

Equipment List

WHAT DO I NEED TO BRING?

Outdoor wear which is comfortable to climb in – prepare for any weather!

- T-shirt, thermal layer/base layer,
- fleece top, tracksuit bottoms or tights (shorts can be nice in summer),
- trainers,
- warm hat,
- gloves,
- sun hat,
- waterproof jacket and trouser
- Rucksack (approx. 40-50 Litres)
- Drinks bottle/flask
- Lunch bag
- Sunglasses
- High factor sunscreen
- Midge repellent
- Notebook and pen
- Small personal first aid kit
- Climbing shoes
- Helmet
- Harness
- Chalk bag
- Belay device
- Nut key
- Any climbing rack/gear you own.
- The following items are available for you to borrow from our equipment stores so you don't need to rush out to buy them: Any climbing gear, rucksack, waterproof jacket and trousers.
- Climbing ropes are always provided by Plas y Brenin.