



INDOOR TO OUTDOOR CLIMBING

Our extensive stores can lend you every piece of technical kit you'll use during your course. Can you please bring the following:

CLOTHING

- Day-to-day clothing: smalls, socks, shirts etc.
- Quick drying tops / fleeces and trousers – ideally not cotton, as they're cold when wet.
- Warm layer, e.g., synthetic jacket
- Windproof layer (if you have one)
- Waterproof jacket and trousers (available in stores if you don't have them)
- Hat and gloves
- Sun hat
- Approach shoes or trainers

GENERAL KIT

- Any personal first aid things / medication you carry
- Sunscreen & midge repellent
- Water bottle or flask, 1 – 2 litres
- 40 – 50 litre rucksack (available in stores)
- Rucksack liner / drybag

SUGGESTED ADDITIONAL ITEMS

- Notebook and pen
- Spare trainers (in case the others get wet)

A medical declaration form will need to be completed prior to participating in any of these activities and will be sent out separately to all attendees to complete shortly.

CLIMBING KIT

Plas y Brenin will provide all ropes. If you already own any of the items below, please bring them, but don't worry if you're missing anything. We can supply all of the following:

- Rock shoes
- Chalk bag
- Harness
- Helmet
- Belay device
- Climbing rack (nuts, cams, quickdraws, karabiners; etc.)