

# KIT LIST



**PLAS Y BRENNIN**  
NATIONAL OUTDOOR CENTRE

## Advanced Scrambling Kit List

### Equipment List

#### Advanced Scrambling Kit List

Here is a list of all the kit you may need during your course. We have a comprehensive stores department that can provide many items you may not have.

#### Climbing Kit

We can provide all the climbing kit you need for the course. However, if you already have your own then below is a list of what you're likely to use.

- Helmet.
- Harness.
- Belay Plate and screwgate carabiner
- Rock Climbing Shoes
- Screwgate carabiners
- 120cm sling
- Nut Key
- Prusiks

If you have your own racks with climbing nuts and cams etc. then you're welcome to bring them.

We will provide all climbing ropes for use during the course.

## Equipment List

### Personal Kit

The personal kit we have in stores is highlighted in **red**. The rest we ask you to bring.

- **Rucksack**. A minimum of 35 litres as you'll have all your own kit to carry plus some group kit. A waistbelt is needed to carry the pack comfortably.
- **Waterproof jacket and trousers**.
- **Mountain boots**.

These should have a good sole and be broken in. Ideally, they will be B1 or B2 rated so they are stiff which provides good support when scrambling.

- Clothes. Clothes suitable for a day in the mountain. Comfy and loose fitting/stretchy. Synthetic.
- Warm layers. Sometimes it can get cool/cold. A warm fleece or synthetic jacket is great.
- Hat and gloves.
- Sunhat/sunglasses.
- Water Bottle/Flask
- Lunch Box/bag
- Sunscreen. High Factor.
- Midge Repellant. 'Smidge' is very effective.
- Small personal first aid kit. Include blister plasters. Please remember any personal medication you may need.
- Hairbands. For long hair to keep it safely out of the way.

