

KIT LIST

Climbing Wall Instructor



PLAS Y BRENIN
NATIONAL OUTDOOR CENTRE

Equipment List

Climbing Wall Instructor 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
- 120cm sling and screwgate
- Prusiks
- Chalk Bag

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. 30L minimum**
- Climbing Clothes. Comfy and loose fitting/stretchy. Synthetic is better than cotton.
- Water Bottle/Flask
- Lunch Box/bag
- Small personal first aid kit. Please remember any personal medication you may need.
- Hairbands. For long hair to keep it safely out of the way.



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