

# KIT LIST



**PLAS Y BRENIN**  
NATIONAL OUTDOOR CENTRE

## Rock Climbing Instructor Kit List

### Equipment List

#### Rock Climbing 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

You're likely to have this equipment already. If not, you can use our stores for any climbing equipment.

- Helmet.
- Harness.
- Belay Plate and screwgate carabiner
- Rock Climbing Shoes
- Screwgate carabiners
- 120cm sling
- Nut Key
- Prusiks
- Climbing Rack. Our racks contain the following,
  - Set of nuts x 2
  - Cams
  - Hexes
  - 5 x 120 slings, each with their own screwgate
  - Quickdraws
  - 2 x HMS carabiner
  - 5 x screwgate.

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 it comfortably.

- **Waterproof jacket and trousers.**

- Approach shoes/Trainers. Shoes with good soles for walking to and from the crag.
- Climbing Clothes. Comfy and loose fitting/stretchy. Synthetic is better than cotton.
- Warm layers. Sometimes it can get cool/cold. A warm fleece or synthetic jacket is great.
- Hat and gloves. If it's cold.
- Sunhat. If it's warm.
- Water Bottle/Flask
- Lunch Box/bag
- Sunscreen. High Factor.
- Midge Repellant. 'Smidge' is very effective.
- 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.
- **Headtorch.**

