

# KIT LIST

## Big Wall Climbing



**PLAS Y BRENNIN**  
NATIONAL OUTDOOR CENTRE

### Equipment List

#### Big Wall Climbing 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.
- Rock Climbing Shoes
- Nut Key
- Prusiks.
- Climbing Rack
- Big Walling Kit

If you have your own racks with climbing nuts and cams etc., or the gear you're intending to use big walling 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. We ask you to bring the rest.

- Rucksack. A minimum of 40 litres as you'll have all your own kit to carry plus some group kit.
- Waterproof jacket and trousers.
- Approach shoes/Trainers. Shoes with good soles for walking to and from the crag. Robust approach shoes will be better for aid climbing.
- 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.

