

KIT LIST



PLAS Y BRENNIN
NATIONAL OUTDOOR CENTRE

Performance Rock Climbing Kit List

Equipment List

Performance Rock 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

Whilst you will have your own climbing kit, we can provide anything you need from stores. We have full racks we can use in stores but please bring your own so you can climb on your own kit.

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

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**.

Equipment List

- 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.

