

# KIT LIST



**PLAS Y BRENIN**  
NATIONAL OUTDOOR CENTRE

## Self Rescue Techniques Kit List

### Equipment List

#### Self Rescue Techniques 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. 2 or 3 prusiks are ideal.

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**. We ask you to bring the rest.

- **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 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.

