



PLAS Y BRENNIN
NATIONAL OUTDOOR CENTRE

Big Wall Skills

Items in **blue** are available to borrow from our stores. However, supplies are limited so we recommend you bring your own kit if possible. Any borrowed items are subject to availability.

If you wish to borrow kit, please return the booking form before the course start date.

Personal Kit/Clothing

- Waterproof jacket with hood**
- Waterproof over trousers**
- Rucksack** Generally there is a lot more to carry in winter. They should be between 35+ litres and have a waist belt.
- Clothing you feel comfortable to climb in** Loose or stretchy, synthetic is better than cotton
- Approach shoes/trainers** With good soles for walking into crags in rough terrain and when aid climbing.
- Windproof layer**
- Hat and Gloves** (if it is cold).
- Sun hat and sunglasses** (if it is hot).
- Water bottle / flask**
- Lunch box / bag**
- Sunscreen** (high factor).
- Midge repellent** 'Smidge' is very effective.
- First Aid Kit** Small personal kit including any medication you might need.
- Hairbands** For long hair.
- Headtorch and spare batteries**

Climbing Kit

- Helmet**
- Harness**
- Belay plate and screwgate carabiner**
- Climbing shoes**
- Screwgate carabiners**
- 120cm slings**
- Nut key**
- Prusiks**

Any big wall kit you already own, such as haul bags, daisy chains and etriers. [We have a store of big wall kit for this course.](#)

If you have your own rack with climbing wires, cams and so on then we recommend you bring them too. Our racks contain: 2 sets of wires, Cams, Hexes, 5x 120cm slings each with a screwgate, Quickdraws 2 HMS carabiners, 5 screwgates

We will provide all climbing ropes for use during the course