



PLAS Y BRENNIN  
NATIONAL OUTDOOR CENTRE

## Climbing wall instructor / development instructor

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.

### Personal Kit

- Clothes you feel comfortable climbing in** Loose or stretchy, synthetic is better than cotton.
- Warm clothes** The climbing wall is cold in winter.
- Paper and pen** For making notes.
- Water bottle or flask**
- Lunch** If non-residential.
- Hairbands** For long hair.
- First Aid kit** Small personal kit including any medications you need.

### Climbing Kit

- Climbing shoes**
- Helmet**
- Harness**
- Belay plate and screwgate, carabiner**
- Alternative belay plates** Such as a GRI GRI
- 120cm sling and screwgate**
- Prusiks**
- Chalk bag**

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