



PLAS Y BRENIN
NATIONAL OUTDOOR CENTRE

Climbing

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 35+** as you will need to carry your own kit plus the climbing kit. A waistbelt is necessary to carry it comfortably.
- 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.
- Windproof layer**
- Warm Layer**
- Hat and Gloves**
- Sun hat and sunglasses**
- Water bottle / flask**
- Lunch box / bag**
- Sunscreen** (high factor).
- Midge repellent** 'Smidge' is very effective.
- First Aid Kit** Small personal kikt 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** 3 if on the self-rescue course.

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