



PLAS Y BRENIN
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.

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