



# 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.

## 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 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** 3 if on the self-rescue course.

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