



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 layers.** 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.