



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.

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.
- ☐ **Footwear.** If you are on an Advanced Scrambling course, you will instead need mountain boots that cover the ankle and have a good sole, ideally stiff B1 or B2 rated to provide good support whilst scrambling. These can be borrowed from stores if necessary.
- ☐ **Approach shoes/trainers.** With good soles for walking into crags in rough terrain.
- ☐ **Clothing you feel comfortable to climb in.** Loose or stretchy, synthetic is better than cotton.
- ☐ **Windproof layer**
- ☐ **Warm layers.** A warm fleece and / or insulated jacket
- ☐ **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.

If you have your own rack with climbing wires, cams, and so on then we recommend you bring them too. Our racks contain:

- ◆ 2x sets of wires
- ◆ Cams
- ◆ Hexes
- ◆ 5x120cm slings each with a screwgate
- ◆ Quickdraws
- ◆ 2x HMS carabiners
- ◆ 5x screwgates

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