



PLAS Y BRENNIN
NATIONAL OUTDOOR CENTRE

Fundamentals of Climbing & Foundation Coach 1&2

You don't need much for this course, it's a mix of classroom-based and practical in our indoor climbing wall. 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 & Equipment

- ☐ **Climbing shoes**
- ☐ **Clothing you feel comfortable to climb in.** Loose or stretchy, synthetic is better than cotton.
- ☐ **Water bottle / flask**
- ☐ **Lunch if non-residential**
- ☐ **Paper and pen** for making notes
- ☐ **Hairbands** for long hair.
- ☐ **Small personal first aid kit**
- ☐ **Chalk bag**

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