



PLAS Y BRENIN
NATIONAL OUTDOOR CENTRE

Higher Level Awards

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.

If you are on an assessment, we would expect you to have your own kit (with the exception of ropes).

RCDI training | RCDI assessment | MCI training | MCI assessment

Personal Kit & Clothing

- ☐ **Waterproof jacket** with a hood.
- ☐ **Waterproof overtrousers**
- ☐ **Rucksack** - 35+ litres as you will need to carry your own kit plus the climbing kit. A waistbelt is necessary to carry it comfortably.
- ☐ **Approach shoes / trainers** with good soles for walking into crags in rough terrain.
- ☐ **Warm layers.** A warm fleece and / or insulated jacket.
- ☐ **Windproof layer**
- ☐ **Hat and gloves** (if it's cold).
- ☐ **Sunhat and sunglasses** (if it's hot).
- ☐ **Water bottle / flask**
- ☐ **Lunch box / bag**
- ☐ **Sunscreen** (high factor).
- ☐ **Midge repellent.** 'Smidge' is very effective.
- ☐ **Small personal first aid kit** including any medication you might need.
- ☐ **Hairbands** for long hair.
- ☐ **Headtorch and spare batteries**

Climbing Kit

- ☐ **Gri-gri**
- ☐ **Jumar**
- ☐ **Petzl rollclip** or similar pulley carabiner
- ☐ **Helmet**
- ☐ **Harness**
- ☐ **Belay plate and screwgate carabiner**
- ☐ **Climbing shoes**
- ☐ **Screwgate carabiners**
- ☐ **120cm slings**
- ☐ **Nut key**
- ☐ **Prusiks**
- ☐ **Your usual climbing rack**

Mountain Kit

(for Mountaineering & Climbing Instructor candidates)

- ☐ **Mountaineering boots** ideally B1 or B2 rated
- ☐ **Dry bags**
- ☐ **Maps - OL17 Snowdon**, weatherproof or in a case
- ☐ **Compass**
- ☐ **Map pen**

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