



CLIMBING KIT LIST

Here's a suggestion of what to bring when you come out with us. If you don't have any of the technical climbing kit then fear not – you can borrow it from us.

Climbing Gear:

- Climbing shoes
- Harness
- Belay device, ideally a guide plate
- Helmet (if you have one)
- Screw-gate Carabiners
- Slings, both 120cm and 240cm
- Quickdraws, at least ten
- Nuts
- Hexes
- Cams
- Prussiks

Clothing:

- Trainers/light walking boots/approach shoes
- Extra warm layers (fleece/synthetic down)
- Waterproof jacket
- Stretchy trousers/joggers/leggings
- Thermals
- Hat
- Gloves

Other:

- Rucksack, at least 30 litres
- Suncream, at least factor 15
- Water bottle/s (2l recommended)
- Hand sanitiser
- Sunglasses
- Food for lunch and snacks



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