



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 (if you have it):

Climbing shoes
Harness
Belay device
Helmet
Screw-gate Carabiners

Slings
Leash
Quickdraws

} Learn to Lead courses

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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