

## Summer Rock Climbing Kit List

Specialist equipment is provided or hired. It is encouraged for you to use as much of your own equipment as possible as it is often useful to get familiar with certain specialist products. Please get in touch with any questions you may have regarding the suitability of your own equipment before the start of the course.

Recommended kit list for rock course;

**Rucksack:** Something to put it all in! 40–50 litres are the best size to go for.

**Boots:** A good pair of approach trainers or lightweight boots for walking in to climbs. Shoes with a good tread are essential Vibram soles are best.

**Rock Shoes\*:** Essential for all climbing courses. A comfy pair that can be worn all day are ideal but I'm not sure they exist!

**Harness\*:** A sit down harness which is comfy and has gear loops.

**Helmet\*:** Never go climbing without one!

**Belay plate & Screw-gate Krab\***

**Chalk bag:** Recommended for harder climbs.

**Waterproofs:** A lightweight set of over-trousers and jacket are always handy to have in the bottom of the sac as you never know what the good old British weather will do!

**Water bottle and Lunch**

**Personal Clothing:** This should suit cold and warm weather. No jeans.

\*Equipment available for hire, please book in advance.