



Spanish rock climbing and mountaineering course kit lists

Rock climbing courses (sport climbing)

- 1) Helmet*
- 2) Harness*
- 3) Rock Shoes*
- 4) Chalk bag and chalk*
- 5) Rucksac – approx 40 litre*
- 6) T-shirt
- 7) Long trousers
- 8) Light fleece
- 9) Warm Jacket – duvet jacket best
- 10) Warm Hat
- 11) Waterproofs (just in case)
- 12) Sunglasses
- 13) Suncream
- 14) Personal First aid and medication**
- 15) Lunch
- 16) Water (1 litre)

* These items can be provided if required

** A full first aid kit will be carried by the instructor. Please note that personal items such as plasters, inhalers etc. are not included in this kit

If you own any technical equipment it is best to use this as it will be good to practice with what you will be using in the future and to discuss its merits/weaknesses. However, do not rush out and buy lots of new kit before a course as part of a course can be dedicated to advice on the best equipment to purchase in the future.

Rock climbing courses (trad and multi-pitch) and via ferrata/ridge scrambles

- 1) Harness*
- 2) Helmet*
- 3) Chalk Bag*
- 4) Rock Shoes*
- 5) Rucksac approx 40 litre*
- 6) T-shirt
- 7) Fleece
- 8) Long Trousers
- 9) Wind proof jacket
- 10) Warm Hat
- 11) Sunglasses
- 12) Suncream
- 13) Waterproofs (just in case)
- 14) Approach Shoes
- 15) Personal first aid kit and medication**
- 16) Lunch
- 17) Water (1 Litre)

* These items can be provided if required

** A full first aid kit will be carried by the instructor. Please note that personal items such as plasters, inhalers etc. are not included in this kit

For multi-pitch day climbs (e.g. Penon D'Ifach and Puig Campana) a light approach is best. Weight can be saved in many ways; carrying a small container of suncream between the team as opposed to a whole bottle each is just one example. If in doubt bring equipment along and bags can be repacked with excess kit being left in the vehicle.

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For scrambling days (e.g. Bernia Ridge) and via ferrata a pair of stiff soled lightweight mountain boots should be used instead of rock shoes.