



UK rock climbing courses kit list

- 1) Harness*
- 2) Helmet*
- 3) Chalk Bag*
- 4) Rock Shoes
- 5) Rucksac approx 40 litre*
- 6) Base Layer (non-cotton)
- 7) Fleece
- 8) Long Trousers (non-cotton)
- 9) Wind proof jacket
- 10) Warm Hat
- 11) Waterproof Jacket and Trousers
- 12) Approach Shoes or lightweight, stiff soled mountain boots
- 13) Personal first aid kit and medication**
- 14) Lunch
- 15) Water (1 Litre)
- 16) Headtorch*

* These items can be provided if required

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

For multi-pitch day climbs a light approach is best. If in doubt bring equipment along and bags can be repacked with excess kit being left in the vehicle.

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.

For scrambling days a pair of stiff soled, lightweight mountain boots should be used instead of rock shoes.