

Rock Climbing & Scrambling Kit List

It is a good idea to bring this list with you so that you can check your kit before we leave for the day.

Personal Clothing and Equipment

- **Clothing** – Clothing should be light and allow good freedom of movement, avoid heavy or cotton items as they are a pain if they get wet. Bear in mind that the weather could be very hot at a sheltered crag, or quite chilly and possibly wet in the mountains.
- **Footwear** – Trainers or approach shoes are ideal.
- **Rucksack** – Around 40 - 50L, with a waterproof liner. This should be large enough to fit all the kit on this list inside (if packed carefully) plus a rope.
- **Warm hat and gloves**
- **Spare warm top** – Thick fleece or insulated jacket.
- **Small first aid kit** – Plasters, Ibuprofen, Paracetamol, Compeed & personal medication.
- **Sun glasses, sun hat and midge repellent**
- **Waterproof jacket and trousers** – Lightweight waterproofs are fine for most rock climbing days, though full weight waterproofs are an advantage if the weather forecast is for persistent rain!
- **Head torch** – Check the batteries, then turn them around or insert some plastic between battery contacts to prevent accidental switching on.
- **Food** – Allow for the fact that you will burn more calories than usual during the day.
- **Drink** – At least 1L of hot or cold fluid, coffee and tea should be avoided as the caffeine has a dehydrating effect.
- **Money** – To buy us an ice cream.

Climbing Equipment

- **Personal Climbing Equipment** – We will supply a harness, helmet, chalk bag, climbing equipment and ropes, but if you do have your own please bring them.
- **Rock climbing shoes** – If you don't have your own these can be hired locally for a small fee, or possibly borrowed from us if we have some in your size.

Scrambling Kit

- **Footwear** – Walking boots should be worn instead of trainers or approach shoes. Rock climbing shoes are not required.
- **Waterproofs** – Full weight waterproofs are more suitable than light ones on all but the finest days. Bring both light and full weight if you have them and we can choose in the morning.