



# Rock Climbing Kit List

The following list is provided to help make sure you have everything that you need for your rock-climbing course with Climb-Mountains. The weather and conditions change very quickly Snowdonia. The topography of the park means it is often possible to find dry rock in one area while it is tipping with rain only a few miles away. We cannot promise this though so you must come prepared for wet and/or windy weather even in the height of summer

Please get in touch if you want more detailed advice on clothing or equipment.

## Personal Equipment

Waterproof jacket	Does not need to be an expensive mountain jacket just as long as it is actually waterproof.
Waterproof trousers	Like the jacket these don't need to be super expensive but getting wet trousers at the start of a day can make the rest of the day pretty miserable.
Trainers/Boots	Trainers are fine for most situations though depending on venue and conditions you may get wet feet on the approach to the crag. Boots keep your feet drier and offer better ankle protection if you intend to visit any of the mountain crags but are considerably heavier if you are required to carry them up on the back of your harness for the descent from the crag.
Hat	A warm hat is a good idea at any time of year.
Gloves	Like the hat they weigh virtually nothing so always worth having a pair coz when you need them you will be very glad you brought them
Rucksack	30 litres minimum. Large enough to pack all your clothing, waterproofs, packed lunch, harness, helmet, rock shoes and your share of the group kit such as ropes and climbing hardware. Not only does it look very un-cool to have everything hanging off the outside of a small bag but things like helmets can easily be damaged.
Clothing layers	Make sure you have sufficient to keep you warm for the prevailing weather forecast. Remember that while you may get warm climbing you are stood still when you are belaying.
Water bottle	1 litre minimum in a plastic bottle.
Packed Lunch	Climbing all day can be hungry work!

## Technical Equipment

Harness	Any modern climbing harness will do as long as it is in good condition and fits you well
Helmet	Modern helmets are so light there is no reason not to wear

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	one.
Belay Device	a friction device that the rope runs through for holding another climber.
Rock Shoes	Should be comfortable enough to wear for long periods through the day. If you only own a very tight pair that you use at your indoor wall it would be worth hiring a larger comfier pair.

**NOTE:** We can supply harness, helmet and belay device for you at no extra charge if you let us know in advance. Please fill out the appropriate section on the online booking form. If you do not have your own rock shoes we can usually hire these for you locally for which there will be a small charge.

## Optional Extra Kit

Chalk Bag	Useful if you already own one. Especially if you have sweaty hands.
Thermos Flask	Especially if the forecast is not great.
Camera	For those lasting memories. I try to take photos of most of the courses I run but you may still like to bring your own camera.

## Equipment Advice

Please get in touch if you are unsure about any of the above or you want advice buying or selecting kit before your course. We are only too happy to help.

We will provide all ropes and hardware. However if you are on a learn to lead course and own your own rack you are more than welcome to bring it along to climb on your own kit.