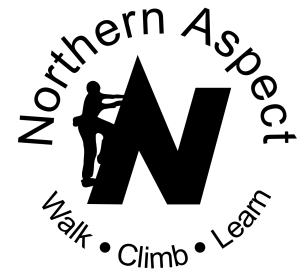


# Climbing kit lists



## Equipment we supply

We will always supply ropes as they are the crucial link in the safety chain. We can supply all other technical equipment if needed. If you have your own equipment, you are welcome to bring it along (except ropes); this will help you get more familiar with it. **Items we usually supply on courses are marked with a ①.**

We will have a group first aid kit, group shelter and other specialist equipment needed for your chosen course. Depending on the course, we may split this equipment up amongst the team to carry.

## What you need to bring

We have some **limited** equipment available to borrow but availability isn't guaranteed; it's best to bring your own. Items you may be able to borrow are marked with a ② in the lists below. If you need to borrow any of these, please [get in touch](#); if we don't have the equipment available, we may be able to suggest places to hire some items.

Note: Items that can be borrowed will be even more limited during the COVID-19 pandemic as we will wash/quarantine the equipment between uses.



## Get started

Essential	Useful
<ul style="list-style-type: none"> <li>• Enthusiasm</li> <li>• Comfortable clothing</li> <li>• Waterproof jacket &amp; trousers</li> <li>• Warm layer or two<sup>②</sup></li> <li>• Thin hat &amp; gloves<sup>②</sup> (The hat will be worn under a helmet so thin is better and avoid bobbles. Try it with a bike helmet at home.)</li> <li>• Food and drink</li> <li>• Helmet<sup>①</sup></li> <li>• Harness<sup>①</sup></li> <li>• HMS locking karabiner<sup>①</sup></li> <li>• Belay plate<sup>①</sup></li> <li>• Any medication you need</li> </ul>	<ul style="list-style-type: none"> <li>• Walking/trail shoes (For the approach and to wear on rugged ground when not climbing. If you don't have climbing shoes, you'll use them for the climbing too.)</li> <li>• Climbing shoes (we are unable to supply these)</li> <li>• Warm jacket<sup>②</sup> (eg duvet jacket)</li> <li>• Small first aid kit (plasters, common medications, etc.)</li> </ul>

① We will normally supply these items, but you may bring your own.

② You may be able to borrow these items, subject to availability. [Get in touch.](#)

## Become a competent second

Essential	Useful
<ul style="list-style-type: none"> <li>• Enthusiasm</li> <li>• Willingness to learn</li> <li>• Comfortable clothing</li> <li>• Waterproof jacket &amp; trousers</li> <li>• Warm layer<sup>②</sup> or two</li> <li>• Hat<sup>②</sup> &amp; gloves<sup>②</sup></li> <li>• Food and drink</li> <li>• Helmet<sup>①</sup></li> <li>• Harness<sup>①</sup></li> <li>• HMS locking karabiner<sup>①</sup></li> <li>• Belay plate<sup>①</sup></li> <li>• 2 x screwgate karabiners<sup>①</sup></li> <li>• Nut key<sup>①</sup></li> <li>• 1 x Prusik cord<sup>①</sup></li> <li>• Any medication you need</li> </ul>	<ul style="list-style-type: none"> <li>• Walking/trail shoes (for the approach and to wear on rugged ground when not climbing)</li> <li>• Climbing shoes (we are unable to supply these)</li> <li>• Warm jacket<sup>②</sup> (eg duvet jacket)</li> <li>• Small first aid kit (plasters, common medications, etc.)</li> <li>• Small notebook and pen</li> </ul>

① We will normally supply these items, but you may bring your own.

② You may be able to borrow these items, subject to availability. [Get in touch.](#)



## Learn to lead

Essential	Useful
<ul style="list-style-type: none"> <li>• Enthusiasm &amp; willingness to learn</li> <li>• Comfortable clothing</li> <li>• Waterproof jacket &amp; trousers</li> <li>• Warm layer<sup>②</sup> or two</li> <li>• Hat<sup>②</sup> &amp; gloves<sup>②</sup></li> <li>• Food and drink</li> <li>• Helmet<sup>①</sup></li> <li>• Harness<sup>①</sup></li> <li>• HMS locking karabiner<sup>①</sup></li> <li>• Belay plate<sup>①</sup></li> <li>• 2 x screwgate karabiners<sup>①</sup></li> <li>• Nut key<sup>①</sup></li> <li>• 1 x Prusik cord<sup>①</sup></li> <li>• Any medication you need</li> </ul>	<ul style="list-style-type: none"> <li>• Walking/trail shoes (for the approach and to wear on rugged ground when not climbing)</li> <li>• Climbing shoes (we are unable to supply these)</li> <li>• Warm jacket<sup>②</sup> (eg duvet jacket)</li> <li>• Small first aid kit (plasters, common medications, etc.)</li> <li>• Small notebook and pen</li> <li>• Your own rack<sup>①</sup></li> <li>• 2 x Prusik cords<sup>①</sup></li> </ul>

① We will normally supply these items, but you may bring your own.

② You may be able to borrow these items, subject to availability. [Get in touch.](#)

## Push your grade

Essential	Useful
<ul style="list-style-type: none"> <li>• Enthusiasm</li> <li>• Willingness to learn and try things</li> <li>• Comfortable clothing</li> <li>• Waterproof jacket &amp; trousers</li> <li>• Warm layer or two<sup>②</sup></li> <li>• Hat<sup>②</sup> &amp; gloves<sup>②</sup></li> <li>• Food and drink</li> <li>• Helmet<sup>①</sup></li> <li>• Harness<sup>①</sup></li> <li>• HMS locking karabiner<sup>①</sup></li> <li>• Belay plate<sup>①</sup></li> <li>• 2 x screwgate karabiners<sup>①</sup></li> <li>• Nut key<sup>①</sup></li> <li>• 1 x Prusik cord<sup>①</sup></li> <li>• Any medication you need</li> </ul>	<ul style="list-style-type: none"> <li>• An idea of what your goals are: Where do you want your climbing to take you? What do you hope to be able to do a month after the course?</li> <li>• Walking/trail shoes (for the approach and to wear on rugged ground when not climbing)</li> <li>• Climbing shoes (we are unable to supply these)</li> <li>• Warm jacket<sup>②</sup> (eg duvet jacket)</li> <li>• Small first aid kit (plasters, common medications, etc.)</li> <li>• Small notebook and pen</li> <li>• Your own rack<sup>①</sup></li> <li>• 2 x Prusik cords<sup>①</sup></li> </ul>

① We will normally supply these items, but you may bring your own.

② You may be able to borrow these items, subject to availability. [Get in touch.](#)



## Develop rescue skills

Essential	Useful
<ul style="list-style-type: none"> <li>• Enthusiasm</li> <li>• Willingness to learn and try things</li> <li>• Comfortable clothing</li> <li>• Waterproof jacket &amp; trousers</li> <li>• Warm layer or two<sup>②</sup></li> <li>• Hat<sup>②</sup> &amp; gloves<sup>②</sup></li> <li>• Food and drink</li> <li>• Helmet<sup>①</sup></li> <li>• Harness<sup>①</sup></li> <li>• HMS locking karabiner<sup>①</sup></li> <li>• Belay plate<sup>①</sup></li> <li>• 2 x screwgate karabiners<sup>①</sup></li> <li>• Nut key<sup>①</sup></li> <li>• 1 x Prusik cord<sup>①</sup></li> <li>• Any medication you need</li> </ul>	<ul style="list-style-type: none"> <li>• An idea of what your goals are: Where do you want your climbing to take you? What do you hope to be able to do a month after the course?</li> <li>• Walking/trail shoes (for the approach and to wear on rugged ground when not climbing)</li> <li>• Climbing shoes (we are unable to supply these)</li> <li>• Warm jacket<sup>②</sup> (eg duvet jacket)</li> <li>• Small first aid kit (plasters, common medications, etc.)</li> <li>• Small notebook and pen</li> <li>• Your own rack<sup>①</sup></li> <li>• 2 x Prusik cords<sup>①</sup></li> <li>• 5 x screwgate karabiners<sup>①</sup></li> <li>• 3 x Prusiks<sup>①</sup></li> </ul>

① We will normally supply these items, but you may bring your own.

② You may be able to borrow these items, subject to availability. [Get in touch.](#)

## Prepare for qualifications

You should hopefully know most of what you need by this stage but a few tips can always be useful. The equipment will depend on what aspect of the climbing qualifications we're working towards. The needs of a Climbing Wall Instructor will probably be different to a Rock Climbing Instructor and will definitely be different to a Climbing and Mountaineering Instructor. We're here to support you through your qualification so please [chat with us.](#)

