



# INTRO TO INDOOR CLIMBING COURSE KIT LIST

## PERSONAL KIT

we're not suggesting you to go out & spend all the money on all the latest technical kit, this is just a sensible list that in terms of keeping safe & comfortable, works. Ascent guides are more than happy to give advice and/or answer any questions you have regarding kit.

**CLIMBING CLOTHES** – stretchy sports/gym wear works great

**WARM TOP LAYER** – to wear when you aren't climbing as climbing walls tend to be chilly

**SLIDERS/CROGS** – not a must, but you can bring shoes with you to wear while belaying, that you can take on/off easily when swapping into climbing shoes

**CLIMBING SHOES** – if you don't already own your a pair this can make or break a climbing experience so weather your hiring or buying a pair, go & try them on! A good combination of comfort & a snug fit is essential! It's possible to hire shoes at the climbing wall.

**HARNESS** – like climbing shoes its worth trying different harnesses on, focusing on comfort, size. Ascent Guides can provide harness in some sizes or it can be hired at the climbing wall.

**CHALK BAG** – for improving grip. We can provide should you not have your own.

**WATER BOTTLE/FLASK** – 1 litre minimum.

**FOOD** – bring the stuff you love and good grazing snacks.

**RUCKSACK/BAG** – 20lt or any bag, with your personal kit.

**ASCENT GUIDES PROVIDE ALL TECHNICAL & SAFETY EQUIPMENT.**

**ANY QUESTIONS?**

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