



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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