



# RCI REFRESHER 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. **In the same vein, the weather on the day & the time of year will be big factors to help decide what you will & won't pack.** Ascent guides are more than happy to give advice and/or answer any questions you have regarding kit.

### CLIMBING CLOTHES

stretchy synthetic material & try to avoid cotton, wool etc. (especially on a wet day)

**MID LAYERS** – for the top half to help regulate temperature.

**WARM TOP LAYER** – Something warm & light, which you can wear over everything but also can be stuffed away in your rucksack or attached in a stuff sack to your harness.

**JACKET** – A “belay jacket” or warm “soft shell” do a great job.

**WATER PROOFS** – top & bottom “hard shell” Water resistant (nothing is water proof forever) layer.

**APPROACH SHOES** – footwear that is comfortable with good tread & suitable for potentially attaching to your harness, so you can avoid walking on the crag in your climbing shoes.

**CLIMBING SHOES** – if you don't already own your own pair this can make or break a climbing experience so whether your hiring or buying a pair, go & try them on! A good combination of comfort & a snug fit is essential!

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

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

**RUCKSACK** – 40lt minimum, along with your personal kit. There may be group kit that needs to be shared out. 40 litre is a great size for most courses.

**HAT, GLOVES, SNOOD** – beanie hat works best as they can fit under a helmet.

**SUN PROTECTION** – sun hat, sunglasses, sun cream.

**MEDICATION** – personal medication, blister plasters.

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

**But on the next page you can find a comprehensive  
“RCI” climbing rack. ->**



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## STANDARD CLIMBING RACK

**HELMET** – A climbing rated helmet is essential

**HARNESS** – like climbing shoes its worth trying different harnesses on, focusing on comfort, size & because we are trad climbing, loads of gear loops

**CHALK BAG** – for improving grip

**NUTKEY**

**2 PRUSSIKS** – equipment for abseils. 5-6 mm cord, best stored on a dedicated screwgates

**BELAY PLATE & SCREWGATES** – any belay plate combined with a HMS carabiner

**4X SCREW GATE CARABINERS** – we recommend 1 big HMS carabiner & small HS-shape for personal climbing

**NUTS** – a set of climbing nuts. 1-11 on a snapgate carabiner

**CAMS** – a set of climbing cams. 0-6

**HEXES** – a set of climbing hexes. 1-4 on a snapgate carabiner each.

**12X QUICKDRAWS** – 4 x 12cm, 4 x 16cm, 2 x 25cm & 2 x 60cm

**CLIMBING ROPE** – a 60m single rope is a good option to suit all your climbing. Half ropes are great for trad climbing, but less for indoor & sport use.

**3x120CM SLING**

**1x240CM SLING**

**ASCENT GUIDES CAN PROVIDE ALL THE NECESSARY TECHNICAL & SAFETY EQUIPMENT FOR YOUR CLIMBING COURSE. YOU WILL NEED A FULL CLIMBING RACK TO COMPLETE YOUR RCI COURSE THAT'S WHY WE RECOMMEND TO USE THE REFRESHER AS AN OPPORTUNITY TO GET USED TO YOUR OWN GEAR.**

## ANY QUESTIONS?

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