



SEA CLIFF CLIMBING 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 you 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 of 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 weather 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.

Any questions?

contact@ascent-guides.com **OR** 07402080704