



SELF RESCUE 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 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.

**But on the next page you can find a comprehensive
"self rescue" climbing rack. ->**



LEARN TO LEAD COURSE KIT LIST

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 PROVIDES ALL THE NECESSARY TECHNICAL & SAFETY EQUIPMENT FOR YOUR CLIMBING COURSE, BUT IF YOU HAVE YOUR OWN GEAR, FEEL FREE TO BRING IT ALONG.

ANY QUESTIONS?

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