

Kit List

**Climbing Courses**

Below is a list of Personal Equipment for our Climbing Courses. We are able to provide essential equipment, however if you have any of the following, please bring them with you.

* Climbing Harness (not over 10 years old)
* Climbing Helmet
* Climbing Shoes
* Chalkbag
* Belay Device and Screw gate Carabiner
* 120cm sling and Screw gate Carabiner
* Approach type shoes with clip tabs at the back or lightweight walking boots
* 30 – 40ltr Rucksack
* Gloves – I like a working pair such as Leather gardening gloves and some warm mountaineering gloves.
* Warm Jacket
* Clothes suitable to weather.
* Lunch and Drink

**Scrambling Courses**

Below is a list of Personal Equipment for our Scrambling Courses. We are able to provide essential equipment, however if you have any of the following, please bring them with you.

* Climbing Harness (not over 10 years old)
* Climbing Helmet
* Belay Device and Screw Gate Carabiner
* Hiking Boots or Scrambling boots – B3 boots such as Scarpa Mantas are too stiff for Scrambling.
* 30 – 40 ltr Rucksack
* Waterproof jacket and trousers.
* Warm Jacket – Synthetic or fleece is better than down jackets in a UK climate
* Gloves – I like a working pair such as Leather gardening gloves and some warm mountaineering gloves.
* Hat
* Headtorch
* Drybags
* Lunch and Drink

**Mountain Walking and Navigation Courses**

Below is a list of Personal Equipment for our Walking and Navigation Courses. We are able to provide essential equipment, however if you have any of the following, please bring them with you.

* Waterproof Jacket and Trousers
* Walking Boots
* Warm Jacket – Synthetic or fleece is better than down jackets in a UK climate
* Gloves – two pairs of thin ones and some emergency gloves
* 30 – 40 ltr Rucksack
* Drybags
* Map and Compass
* Visual aids – glasses / magnifying glass
* Headtorch and batteries
* Walking Poles
* Small first aid kit
* Lunch and Drink
* Flask

**Winter Mountaineering Courses**

Below is a list of Personal Equipment for our Winter Courses. We are able to provide essential equipment, however if you have any of the following, please bring them with you.

* Waterproof Jacket and Trousers
* Winter walking boots (B2 or B3)
* Crampons to suit walking boots.
* Walking or Mountaineering Ice Axe
* Goggles (cheap ones are fine)
* Warm Jacket – Synthetic or fleece is better than down jackets in a UK climate
* Gloves – two pairs of thin ones and some thicker ones plus an emergency pair
* 30 – 40 ltr Rucksack
* Drybags
* Map and Compass
* Headtorch and batteries
* Walking Poles
* Small first aid kit
* Lunch and Drink
* Flask

**Coasteering and Gorge Walking Courses**

Below is a list of Personal Equipment for our Coasteering and Gorge walking Courses. We are able to provide essential equipment, however if you have any of the following, please bring them with you.

* Wetsuit – Long arm and leg style.
* Old shorts to protect wetsuit
* Old trainers or walking shoes. No wellies or sandals please
* Towel
* Warm change of clothes
* Changing mat is handy as is a changing robe .
* Glasses retainers if you wear glasses.
* Waterproof key safe for car key (or leave your key with my vehicle)

**Sea Level Traverse and Abseiling Courses**

Below is a list of Personal Equipment for our Sea Level Traversing and Abseiling Courses. We are able to provide essential equipment, however if you have any of the following, please bring them with you.

* Warm clothes such as a fleece and walking trousers
* Waterproof jacket and trousers
* Old trainers or light walking boots.
* Hat
* Gloves
* Drink and Snacks

**Mountain Bike Courses**

Below is a list of Personal Equipment for our MTB Courses. We are able to provide essential equipment, however if you have any of the following, please bring them with you.

* Old trainers
* Waterproof Jacket and Trousers
* Clothes to cycle in . football tops are ideal , Please no cotton or jeans.
* Warm Jacket
* Small 15 – 20 ltr Rucksack
* Drybag
* Lunch and Drink

If you have any questions about equipment or would like to borrow an item of equipment , please let us know eryrimountainskills@hotmail.com