

## Climbing gear you'll need

We won't go climbing outdoors if the weather is torrential rain everywhere. We'll go indoors instead and work on movement skills which, although not the outdoor experience, will help you improve your climbing. However, it's still worth bringing waterproofs in all but the most sustained heatwaves.

**Please note - if you turn up without the essential kit and you've not arranged for me to bring a spare, you may not be able to join us on the trip. This is for your safety and others. You will not be refunded in such a circumstance!**

If you have any questions not answered in the [FAQ page](#), please don't hesitate to [get in touch](#).

### INDOOR CLIMBING

<u>Essential</u>	<u>Check</u>
Loose gym trousers / tracksuit and teeshirt / fleece. Once you start climbing you'll get warm very quickly	
Chaps - Briefs are strongly recommended as you don't want delicate areas getting caught in harness leg loops	
Water	
If you have a harness, climbing shoes and a belay device you are welcome to bring them	

### OUTDOOR CLIMBING

<u>Essential</u>	<u>Check</u>
Boots or recognised trail shoes	
Harness	
Chaps - Briefs are strongly recommended as you don't want delicate areas getting caught in harness leg loops	
* Climbing helmet	
Climbing Shoes	
Walking trousers - not jeans or other cotton trousers (See Note 1 below)	
Base layer - for example Helly Hanson or Merino Wool sports tops (See Note 1 below)	
Waterproof and windproof jacket	
Waterproof over-trousers	

Mid layer jumper/jacket such as a fleece which you can put on under your waterproof coat. Several thinner layers are better than one (See Note 2 below)	
Spare layers	
Hat and gloves (a spare set of each is useful)	
Personal medication	
Lunch and snacks for during the day – Chocolate bars (e.g. Mars, Snickers) can be eaten quickly and provide an energy boost. A minimum of 1L of water is recommended though some people need to drink more. Food stops are short but regular to prevent getting cold.	
Rucksack to carry everything (35L is plenty for a day walk, 60-70L for an expedition)	
Waterproof bags to wrap your clothing and equipment in. Do not rely on rucksack waterproof covers to keep anything dry!	

<b><u>Useful but not essential</u></b>	<b><u>Check</u></b>
Your own rack (if you have one)	
Camera	
Chalk & chalk bag	
Sunglasses & suncream	
Some money in case we pass a pub/tearoom	

**Note 1** No cotton trousers or teeshirts. Cotton gets wet with sweat or rain, dries slowly and will chafe. It will absorb your body heat as it tries to dry out which will make you cold, uncomfortable and can lead to **Hypothermia**.

**Note 2** We will be outside for much of the day so you will need to ensure you can keep warm and comfortable even in summer. On a hot day you will sweat while we are active and this can make you cold very fast if we stop for a break/lunch. It is widely recommended by outdoor enthusiasts and mountaineers that you wear more, thinner, layers than one big jumper. This layering approach allows you far greater regulation of body temperature. You can take layers off when active and put layers on when less active to keep the heat in.