



Rock Climbing Kit List **Printable (pdf) Version Here**

For more detailed kit advice please also refer to our article on rock climbing equipment and buying rock boots. Bring this list on your course as a daily kit check before departure.

General

- **Clothing** – Loose fitting comfortable clothing to cover both warm and cold days. Shorts and T-shirts may be ideal on the coast one day whilst thermals and fleece layers are the way forward for a mountain route.
- **Walking boots or approach shoes** – Trainers / approach shoes are adequate for accessing most crags and are lighter to carry on the route.
- **Rucksack** – Around 40 - 50L, with a waterproof liner. You should be able to get all the kit listed here inside....plus a large rope that we may give you on the day to carry!

Personal Items

- **Harness** – make sure it fits before the course and is not too big at its smallest possible waist size. Likewise that you can get it over fleeces, waterproofs etc.
- **Helmet** – Easily adjustable and big enough to go over a warm hat.
- **Rock climbing shoes** – See our advice article on these.
- **Waterproof Jacket and Trousers** – Lightweight waterproofs will be sufficient for most courses.
- **Warm Hat and Gloves**
- **Water Bottle and Packed Lunch** – At least 1L Capacity.
- **Spare Warm layer** – Large fleece or light duvet jacket.
- **Personal First Aid Kit** – Plasters and personal medication. Sun cream, sunglasses and midge repellent.
- **Head Torch**
- **Emergency Survival Bag**
- **Cash** – For the essential climbers Cafes!

Optional Items

- **Hardware** - Ideally also bring a belay plate, 120cm sling, 2 prussiks and 3 screw gate karabiners (one HMS). (Optional).
- **Chalk Bag** – For harder climbs.
- **Climbing Rack** – If you own them please bring your own protection – wires, hexes, friends, quickdraws etc.
- **Local Guidebooks and Maps**

Group Items - Supplied by Highland Guides

- Ropes
- Climbing Rack
- Group Shelter
- Guidebooks and Maps