

# Summer Climbing

## Suggested kit list



- 30-40 litre rucksack
  - Approach shoes/lightweight, stiff boots (some classic mountain routes have a long walk ins)
  - Suitable underwear
  - Mid layer (at least one fleece)
  - Spare fleece/insulated jacket
  - Hat and lightweight gloves
  - Waterproof Jacket
  - Waterproof Trousers
  - Comfy climbing shoes
  - Sunglasses
  - Sun cream
  - Water bottle  $\geq$  0.5 litres
  - Lunch
  - Chalk bag (optional)
  - Thermos flask (optional)
  - Camera (optional)
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- Climbing/Mountaineering helmet \*
  - Climbing Harness \*
  - Climbing hardware \*  
(this can be a discussion point on the day as to what you may want to work towards)

\*this kit can be supplied at an extra cost.

Please consult with us about any kit queries, we can advise on the appropriate model you may need.

