



## Rocks Climbing Kit List

### Clothing

- Waterproof jacket
- Waterproof trousers
- Extra jumper
- Warm hat / sun hat
- Gloves
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### Climbing Equipment

- Harness
- Helmet
- Rock boots
- Belay device and HMS Karabiner
- Lead rope
- Abseil rope
- Lead rack (nuts, hexs, cams)
- Nut key
- Slings
- Screw-gate karabiners
- Quickdraws
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### Equipment

- Rucksack
- Map     1:25,000     1:50,000
- Guide book
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### Emergency Kit

- First aid kit
- Bothy bag / survival bag
- Mobile phone
- Head torch
- Hat
- Gloves
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### Food

- Packed lunch and plenty of water
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### Accessories

- Sun screen
- Sun glasses
- Camera
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### Medication

- Tablets, Inhaler etc.
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### Miscellaneous

- Parking fees
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This kit list is intended as a guide, the time of year and weather conditions should be considered when preparing for a trip. We have left space for you to add extra items should you wish.