

## Kit List - Climbing Wall Instructor and / or Abseil Module Assessment

We're keen to make our courses, and the Mountain Training qualifications, as accessible as possible. Getting set up with all the gear can be a big investment; if you need to borrow any kit or you're on a budget, we're always happy to help and give advice. There's no judgement made on having the latest or greatest kit, as long as it's in good, serviceable condition. Please do let us know if you need to borrow any kit beforehand so we can organise it.

\* Optional / Can be provided † Abseil Module Only / Can be Provided

**Personal Kit** - please ensure any personal climbing kit is in good, serviceable condition.

**Climbing Shoes** - for instructing, we like a comfortable pair that are easy to take on and off quickly for demoing skills to clients.

**Approach Shoes** - ultimately any comfy trainers will do. Climbing specific sticky approach shoes are nice for quick bits of climbing without having to change into climbing shoes - consider appropriateness of this for your group though!

**Climbing Clothes** - anything loose fitting, comfortable and stretchy for movement.

**Water Bottle and/or Flask** - we're big fans of Nalgens (BPA free).

**Food** - some of the climbing walls we'll visit offer food such as the Beacon which has a cafe, Indy Wall have a few snack bars and basics. Llanberis where we'll meet at Basecamp has plenty of options for picking up lunch bits.

**Money** - climbing walls fees are not included so make sure you have cash or a card ready.

**Rucksack** - anything you can stuff plenty of kit into, we'll likely give you some extra group kit to carry to the wall.

**Chalk Bag** \* - particularly useful for hot, sweaty days, but also good for instructional purposes. *Can be provided.*

**Harness** \* - please ensure it's in good serviceable condition. *Can be provided.*

**Belay Device(s)** \* - please ensure it's in good condition. If you have spares and different styles e.g tube / assisted-braking then bring them too. *Can be provided.*

**Belay Screwgate** \* - a HMS style generally works best. We like the **DMM Phantom HMS** or Ceros. *Can be provided.*

**Helmet** \* - not typically worn indoors, but bring your helmet if you have one. *Optional, can be provided.*

**Belay Glasses** \* - optional, but highly recommend as a personal investment; a lot cheaper than physio! *Optional.*

**Other Technical Kit** - anything you'd have on your harness when working as a Climbing Wall Instructor. It's good to have your own kit so you're used to handling it, but we appreciate you may work somewhere instructor harnesses / rescue kit is provided and may need to borrow some of the below.

**Rope** \* - if you have a single rope in good condition please bring it along but we'll have plenty. *Can be provided.*

**Ropebag** \* - useful for tidy ropework and moving around. Ikea bags are cheap and work great for this!

**Screwgates** \* - a few spare screwgates can be useful, for racking slings, anchoring and such. We recommend 1 large HMS (DMM Boa) for Italian hitches and some smaller D shapes (DMM Phantoms / Shadows). *Can be provided.*

**120cm Sling** \* - Dyneema is popular & light, we like Edelrid Tech Web as it's easy to untie. *Can be provided.*

**Prussik(s)** \*† - we recommend 5-6mm cord or even better, the Beal Jammy is pre-sewn & 5.5mm, or Simond Autoblock Knot Loop 60cm from Decathlon. *Abseil module only. Optional for CWI. Can be provided.*

**Lanyard** † - fast becoming standard personal safety kit when working abseils or outside. Lots to choose from; the Kong Slyde is good and cheap, the Petzl Connect Adjust is great but not so cheap! *Abseil module only. Can be provided.*

**Semi-static/Low Stretch Rope** † - if you have one please bring it. *Abseil module only, can be provided.*

**Figure 8 Device** † - if you have one in good condition please bring it along. *Abseil module only, can be provided.*

## Other Stuff -

**Logbook** - please ensure your logbook (DLOG) is up to date and you satisfy the prerequisites for assessment.

**Medical & Participation Form** - please fill in and return before the course start. We're big on inclusivity and want to support however possible so please share anything that you feel is relevant. Please bring any personal medication.

**First Aid Certificate** - don't forget to bring or email a copy of your First Aid Certificate as per the prerequisites.

**Home Paper** - please complete & bring to the assessment; this can either be filled in digitally, printed out, or separate written or recorded notes as suits you best.

**Movement Session** - please prepare a movement session, details in the Movement Session document.

**Warm Up Materials** \* - if you have any props for warming up, such as Therabands, Powerfingers, skipping rope, cones for warm-up games etc then bring these along as it's great to look at what different people use. *Optional.*

**Other Resources** \* - anything that would help you run a safe, inspiring and fun climbing session! A stash of hairbands is always useful to have on hand when working as climbing instructor. Any props for coaching, warm up games, useful climbing kit, climbing guidebooks etc.... *Optional.*

## Recommended Reading -

**Climbing Wall Instructor Scheme Handbook** - details everything about the scheme, including scope of the qualification, syllabus, stages, assessment standards, guidance notes & practice points.

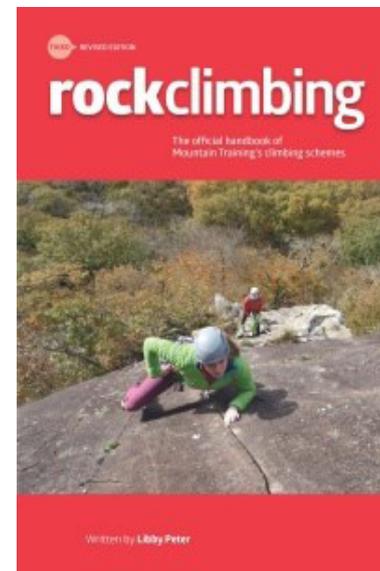
[Download it here.](#)

**Climbing Wall Instructor Skills Checklist** \* - I encourage working through this document. It's a useful way to chart your preparation and identify areas for practice.

[Download it here.](#) *Optional.*

**Rock Climbing by Libby Peter** \* - the official handbook for the Mountain Training Rock Climbing schemes. Whilst a lot of the info is advanced as it serves as the reference text for all the climbing schemes, it is a worthwhile investment towards your development. More so if you're looking ahead to pursuing further climbing qualifications.

[Look out for the latest revised 3rd edition.](#) *Optional.*



You can usually get discounts on kit as a BMC members, mountaineering club member, student etc but also if you're buying a good amount at once.

We highly recommend **V12 Outdoor** in Llanberis for climbing gear- an amazing range, super friendly, knowledgeable staff and they're local – 100m from our door! We've set up a 15% discount for Mountain Independence clients with them.

