

## Kit List - Climbing Wall Instructor Training

As a climber we expect you'll likely already have personal kit to bring on the course. If there is anything that you do need though please discuss this with us before the course and we'll do our best to advise or help. Don't stress about buying specific kit as often we can provide it if you don't have it.

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

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

**Harness** - we expect you'll have your own, please ensure it's in good condition.

**Belay Device(s)** - we expect you'll have your own, please ensure it's in good condition. If you have spares and different styles e.g tube / assisted-braking then bring them too. It's good to look at lots of different styles.

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

**Climbing Shoes** - we expect you'll have your own, a comfy pair that can be worn for longer periods is best.

**Approach Shoes** - any trainers will do for comfort when not wearing climbing shoes moving about the wall. A reasonably sticky pair of climbing approach shoes will allow you to climb some easier routes without having to change.

**Helmet\*** - not typically worn indoors, but good to look at lots of different styles and differences that might be used with groups so bring your helmet if you have one. *\*can be provided*

**Climbing Rack** - not much technical equipment is needed for indoor climbing but if you climb outside it's worth bringing your climbing rack and hopefully you'll get an opportunity to climb in the evening after the course! A few bits and pieces can be useful to have on a harness when working as a Climbing Wall Instructor, but don't stress about going out and buying anything particular as we can supply the below though for training.

**120cm Sling** - Dyneema are popular and light, we like Edelrid Tech Web Slings as they're easier to unknit.

**Screwgates** - a few spare screwgates can be useful, for racking slings and such. We recommend 1 large HMS (DMM Boa) for clove hitches and 3 smaller D shapes (DMM Phantoms /Shadows) for general use when it comes to outdoor climbing.

**Prussiks x 2** - if you're looking to buy we recommend 5-6mm width cord or even better, the [Beal Jammy](#) is pre-sewn and 5.5mm width, or the pre-sewn [Edelrid 30cm 6mm Aramid Cord Sling](#).

**Lanyard** - if you already own a lanyard definitely bring it along. These are fast becoming standard kit for working outside as a Rock Climbing Instructor and can have their uses indoors also. We'll discuss them on the course. There are loads to choose from but the Kong Slyde is a good cheap setup and the Petzl Connect Adjust is great but not cheap!

**Rope** - if you have a single rope in good condition please bring it along. *\*can be provided*

**Other Personal Kit** - general kit to stay comfortable.

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

**Water Bottle and/or Flask** - we're big fans of Nalgene (BPA free), and Klean Kanteen or Frank Green flasks.

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

**Rucksack** - anything you can stuff plenty of kit into, we'll be giving you some extra group kit to carry on the course.

**Group Kit** - we understand you might not have some of this kit, we can provide starred (\*) items.

**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.

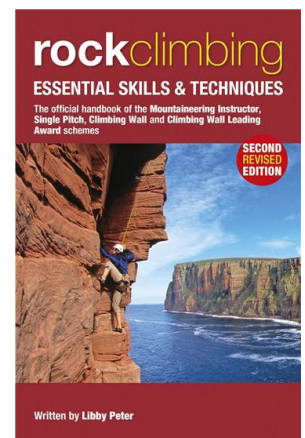
**Other Resources** - anything that would help you run a safe, inspiring and fun climbing session! A stash of hairbands are always useful to have to hand when working as climbing instructor. Any props you may have for climbing coaching, warm up games, useful climbing kit, climbing guidebooks etc....

## Recommended Reading -

**Rock Climbing by Libby Peter** - this is the official handbook for the Mountain Training Rock Climbing schemes and is a worthwhile investment towards your development. There's helpful diagrams and it's a great reference. Look out for the latest revised 2nd edition.

**Logbook** - please ensure your logbook (ideally DLOG) is up to date and you have satisfied the [prerequisites for training](#) which can be found here. If your logbook is up to date we can give you more structured feedback and advice on how to progress toward assessment.

**Climbing Wall Instructor Skills Checklist** - I highly encourage printing out a copy to bring with you; or alternatively bring a laptop / tablet to fill this in digitally. It's a great resource for candidates to record and chart their progress throughout the training and beyond. It can be downloaded free from [Mountain Training](#).



We can use the above Skills Checklist as a framework to create a personalised Action Plan at the end of the course; with feedback and advice to help you set goals for your Climbing Wall Instructor journey. It's an invaluable tool for developing your skills and confidence to help prepare for assessment.

If you're buying a few items of kit don't be scared to ask for a discount (most stores offer discount to [BMC members](#) (worthwhile joining), mountaineering club members, students etc. as standard).

We highly recommend [V12 Outdoor](#) in Llanberis. They are our favorite climbing shop with an amazing range of kit, super friendly and knowledgeable staff and they're local - 100m from our door in Llanberis! We've set up a 15% discount for Mountain Independence clients with them.

