

Kit List - Rock Climbing Instructor Training

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.

* Can be Provided † Optional

Personal Kit - general kit to stay comfortable.

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 - a pair of trainers / boots with good soles to keep you safe and comfortable cutting about the crag.

Climbing Clothes - loose fitting, & stretchy for movement. Synthetic materials are better than cotton for wet days.

Warm Kit - we'll be outside 2 days, bring plenty of warm kit like synthetic belay jackets, fleeces, hat, gloves...

Waterproof Top and Bottoms - "Hard Shell", as opposed to "Soft Shell" material, which is only water resistant! We'll use our local knowledge to find the driest crags; but it could still be pretty damp so be prepared!

Mobile Phone - think about waterproofing, and any apps you'd want installed for emergencies.

Food - light, tasty and full of energy, that can survive being packed in a rucksack. Plenty of "on the go" snacks to keep you fuelled, jelly babies, chocolate, nuts, flapjack etc. There is a Spar in Llanberis for grabbing bits.

Water Bottle - Nalgene bottles are our favorite - BPA free, durable and light(ish).

Rucksack * - anything you can stuff plenty of kit into. We'll hand out technical equipment and group kit to carry to the crag, so leave some space. 40 litres upwards ideally.

Rucksack Waterproofing † - most rucksacks aren't. Plastic bags or rubble sacks work great to keep kit dry inside.

Hat † - wooly or fleecy warm hat for chilly days. No bobbles though as it'll need to fit under your helmet!

Gloves † - for cold weather days, mitts are best for warmth.

Flask † - for cold weather days. Make sure it's leakproof!

Sun Screen / Sun Hat / Glasses † - high factor sun screen is worth considering, as we plan to be outside all day.

Hairbands † - particularly if you have long hair, good to have a stash ready for clients!

Personal First Aid Kit † - a few basics and any personal meds.

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

Chalk Bag * - good for instructional purposes as well as climbing.

Harness * - we like the **Arcteryx harness range**.

Belay Device(s) * - we like the **DMM Pivot**.

Belay Screwgate * - a HMS style carabiner generally works best for belaying. We like the **DMM Phantom HMS**.

Helmet * - we rate the **Petzl Sirocco** helmets.

Prussiks x 2 * - key personal equipment. We recommend 5-6mm cord or even better, the **Beal Jammy** is pre-sewn and/or Simond Autoblock Knot Loop 60cm from Decathlon. Best stored on a small dedicated screwgate.

Nutkey * - vital for getting gear back! The **DMM Nutbuster** is great, stored on a small loop of cord with a snapgate.

Lanyard * † - fast becoming standard personal safety kit for work. The **Kong Slyde** is good and cheap, the **Petzl Connect Adjust** is great but not so cheap! We can provide, we'll discuss these on the course vs using slings.

Climbing Rack - bring what you have. Our typical personal climbing rack is below. You'll want a few extra slings and more screwgates than you might ordinarily carry personal climbing for rigging group setups.

Set of Nuts x 2 * - **DMM Walnuts 1-11** are our favorite, with a complementary set of **Wild Country Rocks 1-10**.

Cams * - **DMM Dragons** are ace. 0-6 set, or 3-5 to start. I rack on matching **DMM Phantom Snapgates**.

Or

Hexes * - cheaper than cams. We like the **DMM Torque Nuts 1-4** which cover the equivalent 2-5 sizes in Dragons.

Quickdraws x 12 * - **DMM Phantoms** are nice & light if they're not too small for your hands. 4 x 12cm, 4 x 16cm, 2 x 25cm and 2 x 60cm we think is a good mix. Can normally be bought in packs for a discount.

120cm Slings x 3 * - Dyneema is light & popular, we like **Edelrid Tech Web Slings** - easier to unknot & durable.

240cm Sling * - giant sling! They can be a bit unwieldy and not often it's really needed if you're swinging leads with a similar level partner. Personally I tend to go for a 180cm sling though these can be harder to find in shops.

Racking Carabiners * - we like the **DMM Waldo** for racking wires and **DMM Phantoms** for slings.

Climbing Rope * - a single rope ①, in good condition.

Rope Bag † - useful for keeping ropes clean and crag bases tidy. We like Ikea bags as a budget option.

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

Static Rope * - for rigging & abseils, don't buy one especially but if you have a low stretch rope bring it along.

Rope Protector(s) * - don't buy especially but if you have bring them along.

Figure Eight Device * - don't buy especially but if you have one bring it along.

Clipstick * - if you have one already. We like the **Beta Stick Evo** & **Pongoose** clipsticks.

Group Shelter * † - key piece of emergency kit as an outdoor instructor. Best sized to accommodate the largest group you'll work with. We appreciate these may be provided by your workplace so we can provide.

Group First Aid Kit * † - decent size kit to cover incidents, balancing weight v usefulness. Again, we can provide.

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! Or nice to have like belay glasses, belay gloves, nail clipper, brushes etc. Any props for coaching, warm up games etc.

Other Stuff -

Logbook - please ensure your logbook (DLOG) is filled in and you satisfy the prerequisites for training.

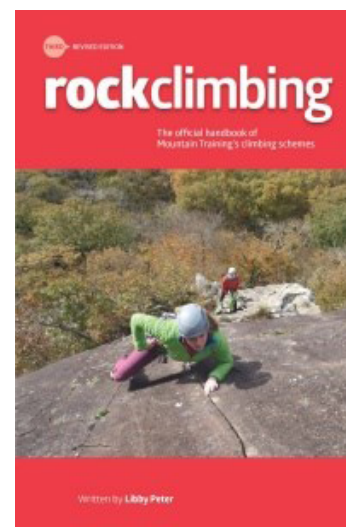
Medical & Participation Form - please fill in and return before the course start. We're big on inclusivity and want to support however possible so please share anything that you feel is relevant. Please bring any personal medication.

Recommended Reading -

Rock Climbing Instructor Scheme Handbook * - details everything about the scheme, including scope of the qualification, syllabus, stages, assessment standards, guidance notes & practice points. [Download it here.](#)

Rock Climbing Instructor Skills Checklist * - I highly encourage printing out a copy 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 use to create an action plan at the end of the training course. [Download it here.](#)

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



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.

