

Kit List - Rock Skills Intermediate

We appreciate that you're still starting out and climbing kit can be pricey. We've ordered the list in terms of most importance, so it gives you an idea of where to spend your money and where savings can be made. We can lend all of the technical equipment so don't worry if you don't have your own yet. Not all of the kit will be carried all the time, for example sun protection, but it's worth having kit to select from for the range of conditions the British weather can throw at us.

If you want any advice on kit, whether you're unsure of current kit's suitability, if you're looking to get some new kit, or if you're struggling to get certain bits, then get in touch and we'll try our best to help out. At the end of this kit list are some shop recommendations for great shops that we recommend.

Mobile Phone – please bring a mobile phone for emergencies. It's worth thinking how to waterproof this in case of wet weather!

Climbing Shoes - the most important piece of climbing kit to get you climbing well. I really recommend purchasing a pair for yourself as they make such a huge difference. It's possible to climb in some close fitting trainers if you can't afford these. The most important for climbing shoes is to get the right balance between a snug fit, and comfort - don't go too tight!

Waterproof Top and Bottoms - these should be "Hard Shell", as opposed to "Soft Shell" material which is only water resistant! Gore-tex and Event come recommended. Size large enough to fit over all your other layers. If it's really wet we'll likely head to an indoor climbing wall for a part of the day and we'll use our specialist local knowledge to find the driest place for us to climb. Having said that, some days it's just really wet, we'll aim to get outside for at least a few hours so waterproofs are definitely worth bringing just in case.

Loose Fitting Clothes - any loose fitting or stretchy clothes that don't restrict your movement will be fine for climbing in. Specialist clothing isn't needed for climbing, though if you can try to wear synthetic layers over cotton materials which in damp conditions will chill you.

Rucksack - large enough to carry kit for the day. Technical equipment such as harness, helmets etc will be issued to you and there'll be some group kit to carry such as ropes. A good day bag size is about 20 - 30 litres. We really like Lowe Alpine packs.

Midlayers- again, no cotton. Fleece is ideal and pretty cheap these days. At a pinch a wooly jumper will do the trick. Anything you can climb in.

Warm Top - no cotton! A really warm jacket you can put on for breaks between climbing if it's chilly. If you can afford it we're a big fan of synthetic "Belay Jackets" filled with primaloft or similar. A thick fleece would be fine though.

Rucksack Waterproofing - most rucksacks aren't waterproof. Some come with raincovers which we don't rate highly. The best system we've found are rolltop drysacks of varying sizes to help organise your kit. If you want to save cash burly shopping bags will do the trick.

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

Sun Hat - with any luck we'll have great sunny weather!

Sun Screen - worth getting a strong factor sun screen as it can get quite sunny.

Sun Glasses - not essential with a sun hat but important to look cool!

Water Bottle - ultimately anything will do. Nalgene bottles are BPA free, durable and light and our favorite.

Food - anything light, tasty and full of energy that can survive being in a rucksack. Sandwiches are ubiquitous but salads or pasta are great too. Plenty of “on the go” snacks to perk you up, jelly babies, chocolate, nuts, flapjack etc Shopping can be done in Llanberis at the Spar which has basics.

Optional Kit

We can lend what is listed here also but if you have your own it's worth bringing it along.

Chalk Bag - particularly useful for hot, sweaty days. We can lend a chalk bag if needed.

Harness - we can provide these but if you already have your own bring it along. If you're thinking of buying maybe hold off until attending the course where you can learn a little more about what to look for and visit our excellent local specialist shop - V12 in Llanberis.

Helmet - we can provide these but if you already have your own bring it along. If you're thinking of buying maybe hold off until attending the course where you can learn a little more about what to look for and visit our excellent local specialist shop - V12 in Llanberis.

Belay Plate and Karabiner - we can provide these but if you already have your own bring it along. If you're thinking of buying maybe hold off until the course where you can learn a little more about what to look for and visit our excellent local specialist shop - V12 in Llanberis. Our favorite kit is from DMM which is made just round the corner from us!

Nutkey - key equipment for a second, we can lend but if you're going to buy we really rate the DMM nutbuster.

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

Spare Screwgate - a small screwgate for clove hitching into belays such as the DMM Phantom HMS.

120cm Sling - useful bit of personal kit to have on you, we recommend the Edelrid Tech Web Sling.

Climbing Rack - we'll provide ropes and such but feel free bring anything you have of your own.

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

Flask - optional for cold weather days. Get a good leak proof one!

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.

