

Kit List - Rock Skills Intermediate

We're keen to make our courses as accessible as possible. Getting set up with all the gear certainly is an 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 does the job. Please do let us know if you need to borrow any kit beforehand so we can help organise it.

* Can be Provided † Optional

Personal Kit -

Climbing Shoes - the most important piece of climbing kit to get you climbing well. I really recommend purchasing a pair for yourself for this course if you don't yet own any. Buy from a shop where you can try different styles - the most important aspect for climbing shoes is to strike a balance between a snug fit, whilst still being comfortable. Outdoors they're often worn for longer periods than inside, so comfier, less aggressive shoes are a better choice.

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 Top - a 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 also works well.

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 - bring a phone for emergencies, but most importantly photos! Worth waterproofing this if it's rainy.

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. 30 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 † - if you have long hair, be sure to bring a hairband to keep it safely tied out of the way when belaying.

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

Personal Climbing Kit - we can provide all technical equipment, but bring what you have. We've listed items in order of importance if you're purchasing; consider holding off until the course so you can test kit & get advice. We have one of the best climbing shops in the UK 100m from our door - V12 Outdoors! Everything below can be provided.

Chalk Bag * - for improving grip. Sized big enough for your hands!

Harness * - we like the **Arcteryx harness range**. Look for padding and try in store to ensure a good comfortable fit, with enough gear loops (4+) for future adventures as your climbing progresses.

Belay Plate * - our favorite kit is made here in Llanberis by **DMM**. The **DMM Mantis** is a good first belay device.

Belay Screwgate * - a HMS style carabiner generally works best. **DMM Phantom HMS** or **Ceros** are good options.

Helmet * - we rate the **Petzl Sirocco** helmets for lightness, comfort and safety if it's a good fit.

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

Prussiks x 1/2 * - key personal equipment for abseils. We recommend 5-6mm cord or even better, the **Beal Jammy** is pre-sewn, or Simond Autoblock Knot Loop 60cm from Decathlon. Best stored on a small dedicated screwgate.

Screwgates * - we recommend 1 big HMS (**DMM Shadow HMS** / Boa) & 3 D shapes (**DMM Phantoms** / **Shadows**) for personal climbing. Consider matching coloured anodizing for easy identification of your kit!

120cm Sling x 1 * - useful as a lightweight makeshift lanyard for abseiling. Dyneema is popular and light; we like **Edelrid Tech Web Slings** as they're typically easier to unknot and, durable.

Climbing Rack - we'll provide all the technical climbing equipment to rig the climbs, such as ropes and hardware. If you have any kit do bring it along and we can give advice as we will start to look at anchors and rigging on this course.

Other Stuff -

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.

Rock Skills Registration - if you're keen to register with Mountain Training for the Rock Skills scheme please email the details we need to do this - Full Name | Email | Date of Birth | Gender.

[More info here.](#)

Rock Skill Scheme Handbook - for info about the scheme, including what we'll cover in the syllabus.

[Download it here.](#)

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.

