

Kit List - Rock Skills Learn to Lead Sport

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 quality pair for yourself from a knowledgeable shop if you don't yet own your own climbing shoes. The most important feature for climbing shoes is to strike a balance between a snug fit, and comfort. In sport climbing, shoes are generally worn for shorter periods than trad, so they can be a bit more technical. Consider the type of rock you'll mostly be climbing on and whether a more edging or smearing orientated shoe is more suitable.

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. 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 † - 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 * - we like to tie it on with prussik cord, so you always have a spare to hand.

Harness * - we like the **Arcteryx harness range**. Best to buy in a shop. Look for padding and a comfortable fit. If you think you'll progress on to trad climbing in future, it's best to look for a harness with 5 gear loops to carry the extra protection carried for naturally protected climbs.

Belay Plate * - our favorite kit is made here in Llanberis by **DMM**. We like the **Mantis** and **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 for lightness, comfort and safety if it's a good fit.

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!

Prussiks x 1/2 * - key personal equipment. 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.

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

Climbing Rack - we can provide a rack, though bring anything you have. Our standard rack looks like this;

Climbing Rope * - a single rope ①. 60m length is ideal for most UK sport areas, though research your local crags. 70m can be useful for overseas sport trips. Light is good, but not too skinny! We like roughly 9.2mm - 9.8mm diameter for a good balance between weight v longevity v handling.

Rope Bag † - ropes easily get dirty or tangled at the base of routes. Ikea bags are cheap and work great! The Dmm Pitcher is a nice dedicated rope bag.

Sport Quickdraws * - **DMM Alpha Sport** quickdraws are our favorite sport climbing specific quickdraw. 12 is a good number to start with for most UK sport. predominantly 12cm length, with perhaps 2 x 18cm and 1 x 25cm. If you are also considering trad climbing in future, it may be worth considering trad style quickdraw with wiregates.

Non-Essentials - nice to haves which we can provide; and other bits and pieces that I often pack in my sport climbing kit when heading sport cragging.

Clipstick * - we like the **Beta Stick Evo** & **Pongoose** clipsticks. Worth considering packability for overseas trips!

Assisted Braking Belay Device * - outdoor sports climbs often have bolts further apart than indoors, which can lead to bigger falls. Add to that longer belay stints, climbers more likely to be out of sight of the belayer, and harder to read routes; this can all add up to more unexpected falls. We're a big fan of the **Petzl Grigri** which is very popular amongst sport climbers.

Edelrid Ohm * - the **Edelrid Ohm** is a unique piece of equipment designed to create additional rope friction in a fall when there is a significant weight difference between a light belayer and heavier climber.

Belay Glasses † - recommend as a personal investment for long belay sessions ; cheaper than physio!

Belay Gloves * - a pair of grippy gloves can be nice for colder belay stints, or to improve grip. We like a pair of half finger leather gloves with a grippy palm.

Warm Up Materials * - sport climbing is hard! Warming up will make you climb better and help prevent injuries. A few light packable tools can be useful like **Therabands** and finger / grip exercisers.

Lanyard * - becoming more commonplace for sport climbing. 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.

Nail and Skin Care † - useful to have at the crag to keep finger and toenails well trimmed, especially if wearing tighter shoes. Products like Climb On can help speed up skin repair when pulling hard, particularly useful on trips!

Climbing Tape † - generally useful as part of a basic first aid kit and for strapping fingers.

Hold Brush † - useful for cleaning holds, especially redpointing harder routes. Any old toothbrush does the trick, though there are plenty of fancy artisanal climbing specific brushes to choose from!

Nutkey † - vital for getting trad gear back! **DMM Nutbuster** is great, & features a wrench for tightening loose bolts.

Climbing Guidebooks * - we'll have guidebooks for all the areas we visit on the course. If you're likely to do a lot more climbing in North Wales, then the A55 Sport Climbs (3rd Edition) is worth considering as it's all sport climbing focussed and easily accessible. The Rockfax North Wales Rock select guide has a lot of the Slate and Limestone sport routes that are covered comprehensively in the North Wales Slate Definitive Guide and North Wales Limestone guides.

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.

