36 High Street, Llanberis, LL55 4EU
stu@mountainindependence.co.uk
07866 486 486

Kit List - Rock Skills Learn to Lead Trad

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 for this course 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. For trad climbing, shoes are generally worn for longer periods of time, so consider erring on the side of comfort! It's worth thinking about the type of rock you'll mostly be climbing on and whether an 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** - if you can afford it, we're a big fan of synthetic "Belay Jackets" filled with primaloft or similar. Some thing with a stuff sack / integral pouch to stash and clip to the rear of your harness is a useful feature.

☐ **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.

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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. For trad climbing you'll want lots of gear loops for all the kit - ideally 4 gear loops on the sides for protection and quickdraws, and a good sized rear gear loop for storing belay gear.

☐ **Belay Plate** * - our favorite kit is made here in Llanberis by **DMM.** We like the **DMM Pivot** for trad climbing.

☐ **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 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.

☐ **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.

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

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

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

☐ **Cams** - **DMM Dragons** are ace. Set of 0-6, or 3-5 if budgeting. 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** - a hot topic, don't go too small and fiddly! Personally I prefer carabiners with a "nose" to help prevent wires disappearing if accidentally opened. I like the **DMM Walldo** if you can get your head around ovals, or the **DMM Spectre**. Bonus points for colour co-ordination e.g red = small, blue = medium, gold = large grouped wires.

☐ **Climbing Rope** * - a 60m single rope ① if you want one rope for all your climbing. Half ropes are great for trad (50m works well for summer, 60m for winter use also), particularly multipitch, but less versatile for indoor / sport use.

☐ **Rope Bag** † - I typically don't use one when multipitching to reduce weight, but can be useful for cragging.

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Non-Essentials - nice to haves and other bits and pieces that I might pack in my trad kit when heading cragging.

☐ **Warm Up Materials** * - 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.

☐ **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 at less popular crags. Any old toothbrush does the trick, though there are plenty of fancy artisinal climbing specific brushes to choose from!

☐ **Climbing Guidebooks** * - we'll have guides for all the areas we visit on the course. If you're likely to do more climbing in North Wales, then the **Ground Up North Wales Rock** select guide is out favorite for the area.

☐ **Belay Gloves** † - a pair of grippy gloves can be nice for colder days, but we'd rarely pack these for trad climbing.

☐ **Belay Glasses** † - can be good for long belay stints, but generally morefor indoor/sport use.

☐ **Bail Gear** * - a few meters of old climbing rope can be useful for retreating on multipitch routes.

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.

15% DISCOUNT MOUNTAIN INDEPENDENCE V12 OUTDOOR

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