



AT THE EDGE MOUNTAINEERING KIT LIST

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Please return form via email or post



KIT LIST - ROCK CLIMBING

- Rucksack
(30 litre should be sufficient)
- Waterproof rucksack liner
(Purpose made drybag or heavy-duty bin liner)
- Thermal base layer
(Synthetic material NOT cotton)
- Lightweight fleece mid layer
- Walking trousers
(NOT Jeans or tracksuit bottoms)
- Spare warm layer
(Synthetic insulation or thick fleece)
- Waterproof Jacket and Trousers
- Mountain boots and socks
(Make sure you have worn the boots before. Stiffer mountain boots are better for scrambling)
- Climbing shoes or Trainers
- Hat and Gloves
- Sunhat (We might be lucky!)
- Sunglasses
- Personal First Aid Kit + medication
- Water bottle
- Lunch
- Money
- Note Book, Pen and Pencil

I provide all the essential specialist climbing gear (i.e ropes, hardware etc) but feel free to bring your own if you own it (See below)

OPTIONAL

- Climbing Harness
- Helmet
- Belay Device + HMS Carabiner
- Chalk Bag + Chalk
- Climbing guide book
- Camera
- Flask

RECOMMENDATIONS:

I understand that you may not have all the equipment on this list and may have to go out and buy some of the more specialist items. For that reason, I have included a few websites below to search through for kit. Don't let not having the kit ruin your chance to have an adventure with me in the mountains!

- **Alpkit** *(Great value! Sleeping bags, Clothing, Camping Cookware)*
- **Cotswolds**
- **Taunton Leisure** *(Local Somerset/Devon store)*
- **EpicTV Shop** *(European shop with some good deals occasionally)*
- **Snow & Rock** *(Price match from other UK stores. Read their Ts & Cs)*
- **Go Outdoors** *(Price match from other UK stores beating price by 10%. Read their Ts & Cs)*
- **Decathlon** *(Another EU shop with some very good deals and cheap gear)*
- **The Climbers Shop** *(Dedicated climbing shop based in Ambleside)*
- **Needle Sports** *(As above, based in Keswick)*
- **Joe Brown** *(As above, shops in Capel Curig and Llanberis)*