

## CCAT EQUIPMENT LIST FOR CLIMBING COURSES

<u>Personal Kit</u>	<u>Available for issue</u>
<ul style="list-style-type: none"> <li>• Canteen Money (£15 – £25)</li> <li>• Chalk bag with chalk ball – if possessed</li> <li>• Clothing for evening wear</li> <li>• Wicking Base Layer</li> <li>• Mid layer fleece top and trousers</li> <li>• KFS, mug</li> <li>• Notebook and pen</li> <li>• Padlock and spare key</li> <li>• Personal first aid kit and medication</li> <li>• Sleeping bag and pillow</li> <li>• Small torch / head torch inc. spare batteries</li> <li>• Small tube of sun screen</li> <li>• Sun hat, warm hat, gloves</li> <li>• T Shirts for 5 days</li> <li>• Towel</li> <li>• Trainers</li> <li>• Underwear for 5 days</li> <li>• <b>Robust boots for approach to climbing venues</b></li> <li>• Socks</li> <li>• Climbing type trousers (light and not restricting)</li> <li>• Wash-kit and toiletries</li> <li>• <b>Flask</b> and water bottle</li> <li>• Wet wipes (small pack to clean hands before lunch)</li> </ul>	<ul style="list-style-type: none"> <li>• Climbing harness</li> <li>• Day sack 30 – 40 litres</li> <li>• Helmet</li> <li>• Rock shoes</li> <li>• Waterproof Top</li> <li>• Waterproof Trousers</li> </ul> <p>If you have your own kit from this list and you wish to use it please bring it for your instructor to check it.</p>

**Baselayer (Thermals).** Made from polyester or polypropylene inner layer wicking fabrics. DO NOT WEAR ANY COTTON ITEMS – WOOL OR POLYESTER ITEMS ONLY!

**Mid-Layer (Thin and Thick Fleece).** Think 'layering' several thinner layers rather than one thick layer/heavy layer. For a top layer the main choices are a heavier fleece or nylon/pertex covered fleeces worn under a waterproof jacket in wet weather.

**Mid Layer - Legwear.** Wear a combination of poly-cotton trekking trousers and in wet weather over trousers / salopettes. If it is dry and warm the over trousers can be carried.

**Socks:** Woolen based loop stitch socks are best – buy the best that you can afford.