

Kitlist: Climbing/Cragging

Personal Clothing (think a warm day in the mountains, not a cool day at the gym!)

*Man-made fibres – not cotton; Unobtrusive and easy to move in

- Trousers: leggings or softshell ideal
- Base layer: wicking
- Fleece/softshell mid layer: a hood works well with temperature regulation
- Spare layer: some form of lightweight packable insulation, such as lightweight belay jacket. (Down is warmer and lighter but useless when wet. Synthetic is bulkier but more UK-friendly)
- Waterproof jacket and trousers: lightweight, breathable and tough (you never know!) 😊
- Boots vs Approach shoes: I generally take boots if I am going into the mountains. They should be good quality, light-medium weight, with a decent tread, well-fitted and previously used. A stiffer sole helps with “edging” and “smearing” whilst scrambling your way to the base of the route, or indeed for climbing in. However, if the weather is gloriously dry, or if visiting just a crag with a short walk-in, I favour approach shoes. They are lighter and easier to clip to your harness for the descent, if required. However, they must still have a good tread and support, and ideally not just be “trainers”.
- Hat: ensure it will sit comfortably under a helmet (i.e: no bobble) and not restrict your vision
- Gloves: whilst I rarely climb in gloves, a close-fitting, lightweight leather or softshell pair can be useful for belaying and ropework on colder days. In the mountains, I will sometimes take a heavier pair for the walk off.

Personal Equipment

- Backpack: 30-40 litres is a good size and totally manageable if you pack efficient and light. A climbing design (no side pockets) is easier to climb with on multipitch routes, especially when wearing a helmet. This is, however, less important when cragging as sacks are mostly left at the base. Should ideally have a hood or strap for carrying a helmet/rope (I may ask you to help carry some kit so leave a little space in your sack if possible please)
- Water: 2 litres max (foolproof bottles are better than bladders and easier to refill)

- Food: packed lunch, snacks, etc

DUBH MOR

Kitlist: Climbing/Cragging

Personal Climbing Equipment

*NOT usually provided by Dubh Mor Outdoor

- Climbing shoes: these do not need to be super aggressive or costly, but it is essential you have your own pair that fit your feet comfortably and efficiently. As a rule, they should feel significantly tighter and more precise than your usual shoes, without causing pain or discomfort within minutes of use!

Personal Protective Equipment

**Provided by us and included in the price. If you wish to use your own please have them verified by your instructor*

- Climbing Harness and Helmet
- Friction belay device on screw-gate karabiner
- 120cm personal sling with screw-gate karabiner
- Chalk and chalk-bag

Guide will bring

- All ropes and technical climbing equipment
- Relevant guidebooks
- Teaching aids (where appropriate)
- Small first aid kit
- Group shelter