



Rock Climbing Kit List

To Wear

- Thermal wicking base layer – not cotton
- Polyester, fleece or woolen trousers and tops
- Walking boots or approach shoes and possibly gaiters

Personal Items

- Map (OS sheet 41) in a waterproof case and compass
- Helmet and harness
- Belay plate and big screw-gate karabiner
- Rock shoes
- Torch, preferably a head torch
- Hat and waterproof gloves
- Spare fleece or woolen top
- Waterproof jacket and trousers
- Flask or water bottle
- Lunch plus spare food
- Emergency survival bag (6' by 3' orange poly bag)
- Rucksack (45ltrs) and liner
- Whistle
- Sunglasses and sun-cream

Group Items Supplied By Abacus Mountain Guides

- First aid kit
- Group Shelter
- Ropes and climbing hardware

