



INSPIRATION • ENCOURAGEMENT • RESTORATION

Rock Climbing Instructor Kit List

If you don't have any of the items you need, ask us for advice on what to buy.

If you're in Ambleside and need to buy any kit, try The Climbers Shop in Compston Road, where you'll get a 10% discount if you mention that you are my client.

Items marked * can be hired from us for £5 per item per day. Items marked # are provided free of charge if you don't have your own, **but must be requested in advance** and must be replaced if lost or damaged.

ITEM	NOTES
walking boots or strong trainers	
waterproof jacket	
waterproof trousers	
climbing helmet #	
climbing harness #	
climbing rack	Bring whatever you have, including slings and belay plates
climbing shoes * & chalk bag	We have rock boots in various sizes. If we don't have your size, we may recommend that you hire from a local shop, depending on the planned programme (may cost more than £5 per day)
ropes #	climbing & rigging ropes
rucksack	
clothing appropriate to the weather conditions	
packed lunch and drinks	