

- ✓ **Rucksack:** 35 to 40 litre day pack preferably without side pockets and light weight with a waterproof liner.
- ✓ **Light weight waterproof jacket:** Gore-Tex or other breathable fabric with a hood big enough to fit over a helmet.
- ✓ **Lightweight waterproof trousers:**
- ✓ **Trekking Boots or approach shoes:**
- ✓ **Socks:** Socks to wear with boots or shoes.
- ✓ **Hat:** Check that it does not drape down over your eyes when wearing a helmet.
- ✓ **Gloves: Ideally windproof with a leather palm for belaying**
- ✓ **Sun Glasses and Sun Cream:** The sun often shines on the righteous!
- ✓ **Trousers:** Light weight quick drying trousers that allow good leg movement and are comfortable or fleecy trousers.
- ✓ **Base layer:** Top and bottoms.
- ✓ **Fleece:** Thin fleece to wear over base layer.
- ✓ **Warm jacket:** Primaloft or thick fleece.
- ✓ **Harness:** Rock climbing harness with gear loops.*
- ✓ **Climbing helmet:***
- ✓ **Chalk bag:**
- ✓ **Rock climbing shoes.** Not too tight but a good fit that can be worn all day *
- ✓ **Belay device and locking screw gate carabiner**
- ✓ **Water container:** At least 1 litre.
- ✓ **Personal Medication and small first aid kit.**
- ✓ **Hill food:** Sandwiches, snacks and food for your pockets.
- ✓ **Trekking poles:** (Optional)
- ✓ **Camera:** (Optional)

*These items can be hired from Adele for a charge of £5 a day if you do not have your own.
Adele will provide all the technical and safety equipment required.
Please ask for advice before you buy!



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