Rock Climbing in the Lake District 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 replaced if lost.

E= essential A=advised U=Useful if you have it

ITEM	NOTES	E or A or U
walking boots or strong trainers		E
waterproof jacket		E
waterproof trousers		E
climbing helmet #		E
climbing harness #		E
rock boots * & 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)	E
480cm sling & HMS krab #		E
rack #	We can provide a rack, but this blog post shows what to buy if you want to get your own: Build your first climbing rack	U
gaiters	eg stop tous	A
clothing in cold weather	three warm layers for top eg thermal vest, thin fleece, thick fleece; warm trousers or thermal bottoms and tracksuit (no jeans); gloves & warm hat	E
clothing in warm weather	Shorts or lightweight trousers (no jeans); thin layers on top; fleece; sun hat	E
sun cream		A
midge repellent		
flask or water bottle		A
water bottle	1-1.5 litre	E
rucksack	30-50 litre	E
dry bags or strong plastic bags	Exped is a good make	E
small personal first aid kit	Including Compeed or other blister treatment	A
camera		U
mobile phone		A
packed lunch and drinks for each day		E