



INSPIRATION • ENCOURAGEMENT • RESTORATION

## Winter Sun Rock Climbing Kit List

If you don't have any of the items marked #, we can provide them free of charge if you let us know in advance.

- Climbing Harness #
- Climbing Helmet #
- Waterproof jacket
- Gloves and Hat: one warm hat, one sun hat or cap, and a buff as a spare hat or neck protection
- Rucksack: 35 litres minimum
- Rock boots: need to be comfy if you'll be doing longer routes
- Chalk bag & chalk
- 240cm sling with screwgate karabiner #
- Belay plate with screwgate karabiner #
- Ten quickdraws if you have them
- No 1 climbing rope (min 60m) if you have one
- Sun glasses
- First aid kit: small personal pack including any medication eg inhaler
- Water bottle
- Ear plugs: can be bought at chemist or DIY shop
- Sun screen: factor 15 minimum for skin, plus total block for lips
- Footwear: training shoes with good tread, plus sandals
- Clothing: tracksuit trousers or lightweight trousers, light fleece, shorts, t-shirts, etc.
- Mobile phone
- Towel & wash kit
- Camera
- Current passport
- Climbing insurance
- EHIC
- Money: local currency (euros) can be obtained using Visa and debit cards from cash machines.
- Swimming kit