

Smiler Cuthbertson

Rock Climbing Course

Suggested Equipment List

You should bring:

Harness (UIAA standard)
Helmet (UIAA standard)
Rucksack (30/40 litre)
Suitable clothing - loose/flexible trousers
Waterproofs
Rock shoes or lightweight leather boots
Approach shoes/boots
Stout (Belay) gloves
Flask and sandwich box
Insurance (BMC or other)

Please feel to bring along your own personal gear, but if you do not have some items, Smiler can provide certain items for you.

Smiler will also supply or carry:

All ropes, all necessary hardware, (nuts, cams, karabiners, quick draws etc..) spare belay plates, a kisu (group shelter), a first aid kit, and any relevant guidebooks

Do discuss your gear requirements with Smiler - some items can also be hired if necessary.

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