

Rock Climbing Kit List

Please contact Mudrock Adventure for all enquires regarding kit.

Email Dennis at mudrockadventure@gmail.com or phone 07983 837747.

Helmet

Harness

Climbing shoes

Belay plate and HMS screw gate

If you have additional climbing equipment please bring it.

If you do not have any of the above equipment contact Mudrock Adventure we can assist with hire.

Clothing suitable for weather conditions

Layers are good. No jeans or cotton.

Hat and Gloves

Waterproof jacket and trousers

Boots or approach shoes

Day sack 30-40L

Food

Drink

Personal Medication