

# Suggested Kit List

*Please see trip specific notes at the bottom.*

If you do not have something listed, please ask one of the exec - the club has some equipment it can lend out if required.

## **Any Questions - Ask!**

- Sleeping bag
- Roll matt
  
- Clothes to climb in - warm, comfortable and don't restrict movement
- Layers (More warm clothes!)
- Waterproofs
- Suitable shoes to climb in
- *If you own a harness and/or a climbing helmet you're welcome to bring these; if not, we will provide you with these when you get to the sports centre and they will be YOUR responsibility to make sure you bring them back!*
  
- Wash kit
- Towel
- Clothes for the pub (If you wish to get changed!)
  
- The walk to the crag can be muddy so wear older trainers / boots / shoes
- Rucksack for carrying stuff to / while at the crag
- Small personal first aid kit - plasters, pain killers, etc
- Insect repellent (Particularly for the Peak District)
- Sun tan lotion, Sun hat & glasses (if weather is looking hot!)
- Warm hat and gloves (if weather is not looking so hot!)
- Water bottle (dare I not mention and with water!!!)
- Waterproof bags for any electronics / wallets etc while at the crag
  
- *Money - possibilities include: pub , entry to an indoor wall if raining, buying lunch etc.*
  
- Either eat before we leave or bring food for on the bus. We may stop on route at a service station, but we can't guarantee this.
- We shall provide breakfast and dinner each day (make sure the Exec know if you have any dietary requirements well in advance of the trip)
- We will be going to a shop/supermarket in the morning for you to buy lunch for the day (and drinks for the evening's activities.) If you prefer to take lunches, feel free but be aware there is no designated storage or fridge.

- **PERSONAL MEDICATION:** Make sure you have it with you at all times (inc minibuses and climbing) - there is always a possibility of us not being where intended on time.
- Please also make sure you inform the exec of any medical conditions / allergies before the trip explaining exactly what it will mean with regards to activities we participate in and severity of it. Please follow this up in person up if you don't get confirmation it was received.
- **ALCOHOL:** No issues with this, however on a serious note, please don't go too mad, there's nothing worse than climbing/belaying with a hangover.

**SPACE IS ALWAYS LIMITED, PACK SENSIBLY AND DO NOT BRING STUFF YOU DON'T NEED!**

*Anyone with a UK licence for over a year, please bring both parts of licence if you have them  
(previous breakdown and lack of paper part caused big issues - if don't have it don't worry)*

### **ADDITIONAL INFORMATION FOR SPECIFIC TRIPS:**

#### **Freshers - Peaks District:**

PLEASE do NOT bring a towel, there is no access to a shower while staying in the Scout hut here. Insect repellent very important!

#### **Freshers - Wales**

While staying at Eric's Barn there is no need to bring along a roll matt. They are provided there. If you do wish to use the showers, they are just over the road and will require 50 pence coin(s) to run.

#### **Annual Dinner**

Due to the nature of staying in a Hotel, surprisingly little need for sleeping bags and roll mats! However don't forget to take your smart clothes (in the past many of the guys have worn tuxes) in order to dress-to-impress instead!

#### **Leaders - Wales**

While staying at Eric's Barn there is no need to bring along a roll matt. They shall be are provided there. If you do wish to use the showers, they are just over the road and will require 50 pence coin(s) to run.

**For all other trips (and as always) if you're not sure, please ask!**