



# JOHN LEES MOUNTAINEERING

Kit List: Rock Climbing Courses

Organised by: John Lees Mountaineering

Region: UK mountains (e.g. Snowdonia, Lake District, Scottish Highlands)

## **Clothing**

Essential:

Waterproof jacket (mountain-quality with hood and taped seams)

Waterproof trousers

Insulating mid-layer (fleece, softshell, or synthetic jacket)

Base layer (synthetic or merino – no cotton)

Rugged walking trousers (stretchy and breathable – no jeans)

Warm hat or buff

Gloves (for colder weather)

Spare gloves

Recommended:

Spare warm layer in rucksack

Lightweight windproof jacket (optional)

## **Footwear**

Essential:

Approach shoes for getting to crag



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Rock shoes that are comfortable to wear all day if multi pitch rock climbing

## **Equipment**

Essential:

Rucksack (30–40L capacity)

Dry bags or liner to keep contents dry

Helmet (CE certified – provided if needed)

Harness (sit harness with gear loops – provided if needed)

Belay gloves (optional but useful)

Head torch (with spare batteries)

## **Technical Gear**

Provided by John Lees Mountaineering unless you prefer your own kit (subject to inspection):

Climbing harness

Helmet

Ropes and protection (carried by instructor)

Slings, carabiners, belay plates, nuts camming devices.

## **Food & Drink**

Essential:

Packed lunch



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High-energy snacks (e.g. flapjack, nuts, dried fruit, energy bars)

Water (1.5–2 litres minimum)

Flask with hot drink (recommended in cooler months)

## **Safety & Emergency**

Essential:

Personal first aid kit (plasters, blister pads, pain relief)

Emergency bivvy or foil bag

Mobile phone (charged, in a waterproof case or dry bag)

Any personal medication (please inform your instructor)

Instructor Carries:

Group first aid kit

Group shelter

Ropes and technical gear

Emergency comms (charged mobile phone)

## **Optional Extras**

Trekking poles (can be stowed in bag when climbing)

Sunglasses and sun cream (essential in sunny weather)

Notes:

All technical equipment (helmet, harness, ropes) is provided unless agreed otherwise.



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If you're unsure about any item, check in with your instructor ahead of the day.