



Isca Outdoor

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## **Climbing/abseiling equipment list**

### **We provide**

Helmet, harness ropes and all other specialist equipment.

### **You need to bring**

Any medication as indicated on the medical form.

Suitable clothing depending on the time of year and weather conditions. Do not wear excessively baggy clothes, this will hinder your climbing efforts.

Appropriate footwear. If you have them, climbing shoes, if not, close fitting shoes. Canvas / trainer style shoes are better than leather walking boots.

In wet weather waterproof clothing.

If you have long hair it is advised that it is tied back.

A bottle of water, the bigger the better.

If cold, a warm drink, such as hot squash in a flask.

food / snacks to keep you going.