

Abseiling Kit List – Crag & Bridge

Please bring the following to your abseiling activity:

- Robust walking boots or shoes with good tread depth.
or
Trainers that can be laced tight (good sole essential).
- Rucksack. A 30 ltr pack will be plenty for holding waterproofs and drinks.
- Food, water (at least 1 litre) and a flask of hot drink on a cold day.
- Sunscreen & midge repellent in the summer.
- Waterproof top and bottoms (please bring even if forecast looks good).
- Warm clothing (please bring even if forecast looks good).
- For abseiling sessions as part of climbing courses you are welcome to bring your own harness, helmet or rock-boots. We will need to give any protective equipment a check before using it and your equipment should be within the manufacturer's recommend working life. Use of your own equipment is entirely at your own risk.

Optional but recommended for crag abseiling sessions:

- A survival bag (orange plastic type)
- An emergency whistle

We are able to arrange to purchase equipment on your behalf through our local retailer for you to use on our courses. If you require any items please get in contact for details and prices.

No dogs please – some of the countryside will have restrictions.

The course director will have a full group safety kit and may ask participants to carry some equipment split amongst them.

You will need to provide your own meals, accommodation and transport throughout the course – unless sorted with us by prior arrangement.

It would be unsafe for us to ask our instructors to take people onto the hill without the correct clothing or equipment. Please note that you will need to come with the correct gear or be prepared to purchase it before you can begin the course. If the course director deems your clothing or equipment to be unsuitable you will have the option of buying it at a local retailer or leaving the course. Some clothing may be available to borrow at the director's discretion, please get in touch with us as soon as possible.

Due to available parking at some venues, please travel to meet us in as few vehicles as possible. Ensure that you have change for car parks (at least £5 a day in the Peak District, sorry).

As always please get in touch should you have any questions.