

Kit List for - Rock and Rope Adventures

To wear...

Waterproof jacket and trousers

warm and comfortable clothing - cotton and denim is not recommended

To bring...

Extra warm clothes – especially jumper's/fleeces

boots or approach shoes suitable for rough terrain

warm hat

gloves/mittens

thermals

water bottle - with water or squash in

flask - with your choice of hot drink in

food & snacks - enough to keep you going all day

camera

To put it in...

30 litre rucksack

a small waterproof bag for mobile/valuables

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