



# Elemental Outdoors

## Climbing Kit

Weather in the mountains and at crags can be dynamic. Our instructors are knowledgeable and experienced to make the calls on routes and venues, which are subject to change in reaction to conditions on the day. We require you to have the correct equipment for the environment. We recommend lightweight equipment and avoiding packing any unnecessary equipment or belongings. Feel free to give us a message if you have any questions.

The “Essential Kit” is required at minimum. We can provide some of this equipment shown to the right hand side, although we suggest you bringing your own for comfort, which in turn will ensure you get the most out of the day. Please contact us via email at [admin@elementaloutdoors.co.uk](mailto:admin@elementaloutdoors.co.uk) or on +447890627422 if you do not have access to any items, at your earliest convenience. If we deem it unsafe to take you out in the equipment and clothing you have on the day, the activity will be either rebooked or cancelled.

Your Kit	We provide / Optional Extras
<p><b><u>Essential Kit (some of this can be added as an additional extra):</u></b></p> <ul style="list-style-type: none"> <li>• Appropriate footwear, approach shoes or walking boots. We suggest a shoe that does not bend easy for the climbing.</li> <li>• Warm socks</li> <li>• Waterproofs</li> <li>• Warm clothing</li> <li>• Plenty of water</li> <li>• Lunch</li> <li>• Headtorch (essential between April – October or for an evening booking any time of the year)</li> </ul> <p><b>Optional Extras you may wish to bring:</b></p> <ul style="list-style-type: none"> <li>• Flask / Hot drink</li> <li>• Climbing shoes</li> <li>• Chalk bag</li> <li>• Harness</li> <li>• Helmet</li> </ul> <p>Technical gear will need to be checked over by one of our instructors.</p>	<p><b><u>We will provide (included in your booking):</u></b></p> <ul style="list-style-type: none"> <li>• Helmets (If necessary)</li> <li>• Rucksack (if required, please request)</li> <li>• First Aid / Safety Equipment will be carried by our instructor</li> </ul> <p><b>We can lend the following Essential Kit for a small extra cost:</b> (you must contact us to request this with plenty of notice)</p> <ul style="list-style-type: none"> <li>• Sturdy walking boots with ankle support</li> <li>• Walking socks</li> <li>• Waterproofs</li> <li>• Breathable and warm clothing (plenty of it on cold days)</li> <li>• Well fitted rucksack</li> <li>• Rucksack Liner and / or outer for wet days.</li> </ul>