

# ROCK CLIMBING INSTRUCTOR

KIT LIST 2019

- Filled in logbook
- Walking boots or approach shoes
- Waterproof clothing
- Appropriate climbing clothing
- Rucksack (30-40l)
- Sun cream (SPF - 50)
- Sun hats
- Warm hat and gloves
- Packed lunch
- Water
- Small first aid kit
- Overnight gear
- First aid certificate
- Notepad and pen
- Climbing helmet
- Climbing harness
- Clicking rack
- Climbing shoes
- Chalk bag
- Ropes - climbing and rigging
- Sleeping bag
- Pillow
- Overnight clothing
- Leisure wear
- Toiletries



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