

## MORAN MOUNTAIN LTD

### ADVENTURE ROCK CLIMBING: EQUIPMENT LIST

**BOOTS** Walking boots or approach shoes for crag approaches and scrambles

**ROCK CLIMBING SHOES** Lace up or Velcro strap ties

#### **CLIMBING HELMET AND SIT HARNESS**

**SLINGS/KARABINERS** 1 x 2.4m circumference sewn sling; 3 screwgate karabiners; 2 Prusik loops (made from 5mm cord) or Ropeman ascender; 1 Belay/Abseil Plate

**PERSONAL HARDWARE** Bring a small rack if you are keen to do some leading

**RUCKSACK** 40-55 litres capacity

**WINDSHIRT or LIGHT SOFTSHELL JKT** A lightweight windproof jacket/smock is ideal wear for climbing

**WATERPROOF SHELL** Jacket and Trousers

**CLIMBING TROUSERS** Soft shell

**THERMAL UNDERWEAR** Long-sleeved vest and long johns

#### **SHIRT/FLEECE JACKET/ SOCKS/SHORTS**

**GLOVES/MITTS** One warm pair and one pair of durable work gloves for abseiling

#### **BALACLAVA/BEANIE/SKI HAT**

**PERSONAL FIRST AID** Insect repellent; sun cream; blister treatments; elastoplasts

**THERMOS/WATER BOTTLE** 1 litre capacity

**MAPS** 1:50000 sheets nos. 24 Raasay, Applecross and Loch Torridon, and 25 Glencarron; Harveys 1:25000 map The Cuillin Hills and Torridon; 1:40000 BMC/Harveys map Torridon and Fisherfield cover many of the venues

**GUIDE/TEXTBOOKS** Not essential but you may want to have them:

**Northern Highlands South** (Scottish Mountaineering Club Climbers' Guide) (2007) – comprehensive coverage of climbs Applecross and Torridon areas

**Scottish Rock Volume Two – North** by Gary Latter (Pesda Press) (2009) – modern layout with photo diagrams; includes most cliffs and routes

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**Skye – the Cuillin** (Scottish Mountaineering Club Climbers' Guide)(2010) – comprehensive guide to climbs on the Cuillin

**Rock Climbing: essential skills and techniques** by Libby Peter (UKMTB) – the definitive instructional text

**TOWEL/CASUAL WEAR/SANDALS** For evenings at base

**Discount offer from Cotswold Outdoor:** all customers making a booking with us will benefit from a **15% discount** on equipment purchased in-store or on-line [www.cotswoldoutdoor.com](http://www.cotswoldoutdoor.com) – *the discount code is issued on receipt of your booking*