

# Scrambling kit lists



## Equipment we supply

We will always supply ropes as they are the crucial link in the safety chain. We usually supply all other technical equipment but are happy for you to use your own. If you have your own equipment, please bring it along (except ropes); this will help you get more familiar with it. **Items we usually supply on courses are marked with a ①.**

We will have a group first aid kit, group shelter and other specialist equipment needed for your chosen course. Depending on the course, we may split this equipment up amongst the team to carry.

## What you need to bring

We have some **limited** equipment available to borrow but availability isn't guaranteed; it's best to bring your own.

Items you may be able to borrow are marked with a ② in the lists below. If you need to borrow any of these, please [get in touch](#); if we don't have the equipment available, we may be able to suggest places to hire some items.

Note: Items that can be borrowed will be even more limited during the COVID-19 pandemic as we will wash/quarantine the equipment between uses.



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# Get started and Tackle easy scrambles courses

| Essential                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Useful                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <ul style="list-style-type: none"> <li>• Enthusiasm and a willingness to try something new</li> </ul> <p><b>Wearing:</b></p> <ul style="list-style-type: none"> <li>• Boots or sturdy trail shoes. Stiff boots are better for scrambling.</li> <li>• Thick walking socks</li> <li>• Trousers (not jeans)</li> <li>• Wicking top (not cotton)</li> <li>• Warmer layer if it is cold (aim to be cool at the start of the day)</li> </ul> <p><b>Carrying:</b></p> <ul style="list-style-type: none"> <li>• Helmet<sup>①</sup></li> <li>• Rucksack<sup>②</sup></li> <li>• Waterproof top<sup>②</sup></li> <li>• Waterproof trousers<sup>②</sup></li> <li>• Any warm clothes you need. Remember that the tops can be 10°C colder than valleys.</li> <li>• Fleece<sup>②</sup> or similar, that <i>you are not planning on wearing</i>. A duvet jacket works well.</li> <li>• Hat<sup>②</sup> &amp; gloves<sup>②</sup></li> <li>• Food (Ideally things such as bars, nuts, etc that you can have in your pocket and eat as you're walking to keep energy levels high. We'll stop for breaks when you can eat larger items, but if the weather is bad we may not stop for long!)</li> <li>• Full water bottle, at least 1L<sup>②</sup></li> <li>• Any medication you need</li> </ul> | <ul style="list-style-type: none"> <li>• Harness<sup>①</sup>. Whether we use harnesses will depend on the objectives of the day and the plan we've come up with beforehand. If the day requires them, we supply them, but you are welcome to bring your own if you have one.</li> <li>• Thin gloves with leather palms</li> <li>• A spare pair of thin gloves with leather palms</li> <li>• Gaiters</li> <li>• Small camera</li> <li>• Sunglasses &amp; sun cream (depending on conditions)</li> <li>• Midge spray and possibly a head net</li> <li>• Liner gloves (a thin pair of gloves to wear if your hands start to cool down in your main pair)</li> <li>• Small first aid kit for personal use (plasters, blister plasters such as Compeed®, common medications, etc). Your instructor will be carrying a larger group first aid kit.</li> </ul> |

① We will normally supply these items, but you may bring your own.

② You may be able to borrow these items, subject to availability. [Get in touch](#).



# Get technical

| Essential                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Useful                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| <ul style="list-style-type: none"> <li>• Willingness to learn</li> <li>• Enthusiasm</li> </ul> <p><b>Wearing:</b></p> <ul style="list-style-type: none"> <li>• Boots, stiff if possible as these are better for scrambling</li> <li>• Thick walking socks</li> <li>• Trousers (not jeans)</li> <li>• Wicking top (not cotton)</li> <li>• Warmer layer if it is cold (aim to be cool at the start of the day)</li> </ul> <p><b>Carrying:</b></p> <ul style="list-style-type: none"> <li>• Helmet<sup>①</sup></li> <li>• Harness<sup>①</sup></li> <li>• Rucksack, approx 35–45 litres<sup>②</sup></li> <li>• Waterproof Top<sup>②</sup></li> <li>• Waterproof Trousers<sup>②</sup></li> <li>• Any warm clothes you need, remember that the tops can be 10°C colder than valleys.</li> <li>• Fleece<sup>②</sup> or similar, that <i>you are not planning on wearing</i>. A duvet jacket works well.</li> <li>• Hat<sup>②</sup> &amp; Gloves<sup>②</sup></li> <li>• Food (ideally things such as bars, nuts, etc. that you can have in your pocket and eat as you're walking to keep energy levels high. We'll stop for breaks when you can eat larger items, but if the weather is bad we may not stop for long!)</li> <li>• Full water bottle, at least 1L<sup>②</sup></li> <li>• Any medication you need</li> </ul> <p><b>List continues on next page...</b></p> | <ul style="list-style-type: none"> <li>• Thin gloves with leather palms</li> <li>• A spare pair of thin gloves with leather palms</li> <li>• Small notebook and pen</li> <li>• Head torch<sup>②</sup></li> <li>• Gaiters</li> <li>• Small camera</li> <li>• Sunglasses &amp; sun cream (depending on conditions)</li> <li>• Midge spray and possibly a head net</li> <li>• Liner gloves (A thin pair of gloves to wear your hands start to cool down in you main pair)</li> <li>• Spare base layer (if you get sweaty on the up, it's nice to have a dry layer to put on when once the main height gain is over. Ideally, we'll control our pace though so you won't need to use this.)</li> <li>• Walking sticks (one is much easier to use than a pair and it leaves your other hand free for other things) If you bring these, make sure they can fit <i>inside</i> your bag when on technical ground. Poles have been known to cause problems strapped to the outside of bags.</li> <li>• Small first aid kit for personal use (plasters, blister plasters such as Compeed®, common medications etc.) Your instructor will be carrying a larger group first aid kit.</li> </ul> |



**One per pair:**

- A small scrambling rack<sup>①</sup>. A 'rack' is what we call the technical climbing equipment that we choose to take with us onto the mountain. This might contain items from the following list, although we wouldn't take every item every time. We usually supply all of this but feel free to bring your own:
  - **Belay plate** on **HMS**
  - 1 **HMS** karabiners, loose
  - 3 **120cm slings**, each on its own **HMS** karabiner
  - 1 **180 or 240cm** sling, on an **HMS** karabiner
  - 1 regular **screw-gate karabiner**, loose
  - Set of **even nuts** on snap gate karabiner
  - 2 or 3 **hexes** on snap gate karabiners
  - 2 or 3 **camming devices** on snap gate karabiners
  - 1–3 **extending quickdraws** (also called: sling draws, Alpine draws)
  - Small snap-gate or screw-gate karabiner with **nut key** and one **Prusik** cord

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② You may be able to borrow these items, subject to availability. [Get in touch](#).

## Prepare for qualifications

You should know most of what you need by this stage but a few tips can always be useful. We're here to support you through your Mountaineering and Climbing Instructor qualification so please [chat with us](#) if you need to.



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