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Indoor climbing equipment list

We provide

Harness and all other specialist equipment.

You need to bring

Any medication as indicated on the medical form.

Suitable clothing that allows easy movement. Do not wear excessively baggy clothes, this will hinder your climbing efforts.

Appropriate footwear. If you have them, climbing shoes, if not, close fitting shoes. Canvas / trainer style shoes.

If you have long hair it is advised that it is tied back.

A bottle of water, the bigger the better.