**Climb Catalunya Equipment list – Instruction courses and private guiding**

**Individually you will *need* to bring:**

* Climbing shoes
* Harness\*
* Belay device and locking karabiner that you are used to using\*
* A rucksack big enough to fit your climbing gear, food and drink for the day and any additional clothing you want to take (approx. 35 ltrs capacity). For multipitch routes you might want to bring a smaller lightweight bag (approx. 15 capacity) that you can climb with and take a drink/snack and an extra layer of clothing in.
* Another bag for the rest of your things\*\*
* A water bottle (*at least* 2 litres capacity for trips between May and September)
* (if you have your own gear then it is best to bring it as it is really useful to learn on equipment you are familiar with or want to use in the future. If you don´t plan to bring anything then please let us know so we know what to tell your guide to provide).
* Approach shoes that are comfortable and sturdy on rough ground
* A sleeping bag or a sleeping bag liner sheet depending on your accommodation/the season
* For private guiding days - cash to pay your guide direct.

**We *recommend* you also bring:**

* Your own climbing gear if you have any (rope, slings, quickdraws, trad rack etc. Please let us know what you plan to bring so we can organise gear with your instructor).
* EHIC card and a photocopy of your insurance documents and passport
* Layers of clothing to account for all seasons. In the mountains it can get cold and windy at altitude and there are often summer storms. Bring fleeces, base layers, wind proofs and warm hats and socks. In the summer and early autumn it can be very hot in the gorges and you’ll want to cover up. Bring long sleeved tops, loose trousers and a sunhat. It can get cool in the evening throughout the year so bring a warm layer even in midsummer. For the winter you should certainly bring warm clothing as it can get cold at the crag at the end of the day.
* Water proofs - it can rain at any time in the year
* Whatever personal climbing gear you own that is appropriate for the course/guiding day you are doing. It’s best to climb on ropes and gear you are familiar with when you are in the learning zone so whatever you can carry you should bring. If in doubt don’t hesitate to ask us.
* A head torch
* Swimming costume (in case you want to have a swim in the river or use the sauna in the Eco-Refugi)
* Towel, toiletries and sleepwear (you will be in shared rooms)
* Sun cream and insect repellent
* European adaptor plug for phones/laptops etc.
* Earplugs if you sleep lightly in shared spaces.

*\*Unless you are on a Learning to Climb course or under private instruction to learn to climb in which case all equipment expect shoes will be provided.*

*\*\*If you are staying at the Eco-Refugi in Abella there are several narrow staircases and a big suitcase will be more difficult to carry up and down than a rucksack/other soft bag.*