

## Climb Catalunya Holiday Equipment list

As a group you will need to have a set of quickdraws and a 60m or 70m rope\* between each two people (\*70m rope essential for the 6b&up week). Your liaison officer will help you organise this with the others in your group.

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

- 2 single sewn sling (approx 1m) - personal cow's tails or multichain (NO DAISY CHAINS!!) and 2 locking karabiners (more if you plan to do multipitch routes)
- A helmet
- Belay device and locking karabiner
- Climbing shoes
- A rucksack big enough to fit your climbing gear, food and drink for the day and any additional clothing you want to take (approx 30 ltrs)
- A bag you can carry on your back for the rest of your things (there are several narrow staircases in the Eco-refugi and a big suitcase will be more difficult to carry up and down than a rucksack).
- A water bottle (at least 2 litres capacity for trips between May and September)
- Approach shoes that are comfortable and sturdy on rough ground
- A sleep sheet or two single bed sheets for your bed (we have one or two 'sleep sheets' you can borrow so if you don't have one speak to your liaison officer). Pillow case, pillow and blankets are provided at the Eco-Refugi. No sleeping bag allowed in the Eco refugi. For the High Pyrenees trip you will also need to bring a sleeping bag and a pillow case.
- EHC card and a photocopy of your insurance documents and passport
- Passport and tickets!

### We *recommend* you also bring:

- Layers of clothing to account for all seasons. In the High Pyrenees it can get cold and windy at altitude and there are often summer storms. Bring fleeces, base layers, windproofs 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 mid summer.
- Waterproofs - it can rain at anytime in the year
- Trad gear and double or twin ropes if you want to do multipitch or traditional climbing
- A headtorch
- Swimming costume
- Towel, toiletries and sleepwear (you will be in shared rooms)
- Slippers or indoor shoes for the refugi
- Suncream and insect repellent
- Basic first aid kit
- European adaptor plug for phones/laptops etc
- Earplugs if you sleep lightly in shared spaces
- Pocket money
- For the climbing and yoga week we recommend you bring loose comfortable clothing for the yoga. Include a warm layer as the yoga platform is outside and it can be cool in the early mornings.

The second edition of the Lleida Climbs guidebook covers many of the areas we visit on the Classic Gorges, Yoga and Climbing and Climbing and Photography courses. You can buy a copy from the refugi in Abella for 30 euros but only cash payment is accepted.

