

Climbing is a bold, exciting sport and once you've started, you'll be hooked. There are so many ways to get involved and an increasing number of excellent indoor climbing walls opening across the country. Indoor climbing is a complete sport in itself, and if you're hoping to climb outdoors in future but would like to get fitter, stronger and more competent first the indoor centres are the perfect solution. Bright, modern facilities like The Climbing Academy offer a range of courses to help improve your movement and technique, all in an enthusiastic and supportive environment. This is a basic kit list that should be all you need for indoor route climbing. If you're just bouldering (low level climbing above mats) then it's even easier - get a pair of rock shoes and you're away!

KIT Lists

ITEMS	QNTY	✓
Rock shoes	1	
Harness	1	
Belay Karabiner	1	
Belay Device	1	
Chalk Bag	1	
Chalk	1	
(or Harness Package)	1	
Rope	1	