

What to take to on a sun rock trip, Cef and Rob's view

Try to pack light, rather than taking everything, mostly it'll be warm and sunny and easy living you don't need tons of stuff and 'glad rags' for going out posh and 10 pairs of shoes. Remember to get this all in the cars and on our laps and our weight limit 15kg (+ hand luggage). Suitable for handling and sometimes they weigh 3Kg, holdalls are light. They do have shops as well !

What we (YMMV) consider.... * essential + advised o optional - leave it at home

Climbing gear between partners

- * 50-60-70m metre single rope (or doubles)
- * 10-15 Quick Draws (Cef advises inc 3-5 extendable trad quick draws)
- + Some sort of rope bag or bucket (helps stop the dust and dirt getting onto your rope e.g. o a small rack of wires (sizes 1..8)
- hexes and heavy stuff - unless you intend doing LOTS of trad routes.
- Big friends, if you want to take friends small ones 1..3 are best

Personal Climbing gear

- * Rock shoes (how many pairs ?) Harness
- * 1 or 2 slings (2ft is fine, 4ft is also ok) and 1 or 2 spare small screw gates
- * Belay device (that can take two ropes eg ATC/BUG) and large screwgate
- + Helmet, Chalk bag + chalk (take a new chalk ball it will last a week)
- + 1 or 2 prussik loops (1.5 meter of 4/5/6mm cord)
- + 'a leaver biner' or mailion in case you have to abandon a route and lower down

Clothing and other Gear

- + Approach shoes/trainers/light summer boots (plus sandals if you like)
- + Warm coat for belaying in (Duvets are ideal as light and warm -we have seen snow in 5)
- + Lightweight Waterproof Jacket
- + thermal baselayer incase its cold and fleece/jumper/sweatshirt to climb in
- + t-shirts or other to climb in
- + thin gloves stretchy liner ones are ideal and a hat/beanie/
- Heavy coats, thick stuff, if its that cold we wont be climbing !
- * small day sac for carrying it in, an maybe for a walk on rest day
- * first aid kit (plasters, headache tablets, sun cream, lib balm, ...)
- * small headtorch
- + ear plugs
- o finger repair - to look after your skin.
- + camera (batteries charger, film /memory card ...) and books for evening

And of course all you usual stuff

- undies, socks, lounging about clothes, wash kit (you 3 litres of shampoo)...
- persil for washing out clothes (or bring 10 pairs of knickers!)

Food etc (sometimes it can be a good idea to take little things that are hard to get) eg

- tea bags (presume the Italians do coffee :-)
- chilli, spices, marmite !
- favourite energy bar (alpen, tracker you can buy some there but they are often odd! c

WHAT CAN / CANT GO IN HAND LUGGAGE (you cant take stuff on board which they think of

- CANT - climbing gear - any metal or slings or rope or harness, penknives, liquids
- CAN - books / guides, helmet, clothes, rock shoe, food things