

What to take to Spain ! 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 we have to get this all in the cars and on our laps. Suitcases are not great, sometimes they weigh 3Kg !

What we 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
- + Some sort of rope bag or bucket ( helps stop the dust and dirt getting onto your rope, ikea blue bags are excellent, and supermarket reusable bags are pretty good rope buckets)
- 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

Cef - I would personally take 12 short quick draws and 3-5 extendable trad quick draws.

Rob - I will take 16 QDs cos im flash!

Personal Climbing gear

- \* Harness
- \* Belay device ( that can take two ropes eg ATC/BUG) and large screwgate
- \* Rock shoes
- + Helmet
- + Chalk bag + chalk (take a new chalk ball it will last a week)
- \* 1 or 2 slings (2ft is fine, 4ft is also ok)
- \* 1 spare screw gate ( 2 is better)
- + 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
- o Sandals
- + Warm coat for belaying in (Duvet are ideal as light and warm -we have seen snow in Spain for the last few years - followed by sunshine)
- + Lightweight Waterproof Jacket
- + thermal top incase its cold
- + t-shirt or other to climb in
- + fleece/jumper/sweatshirt to climb in
- + thin gloves stretchy liner ones are ideal
- + 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, ...)
- + ear plugs

- o finger repair - to look after your skin.
- \* small headtorch
- + camera (batteries charger, film /memory card ...)
- + books for evening
- o drinks bottle (or pick one up out there)

And of course all you usual stuff

undies, socks, lounging about clothes, ...  
towel, wash kit (you are only gong for a week so don't need 3 litres of  
shampoo and conditioner etc)  
persil for washing out clothes (or bring 10 pairs of knickers!)

Food etc

sometimes it can be a good ideas to take little things that are hard to get,  
divided amongst the group

- tea bags
- chilli
- spices
- favourite energy bar (alpen , tracker etc)