

Traditional ('trad') climbing is the vibrant heart of the British climbing scene. It is driven by a strong ethic which prevents permanent damage being done to cliff environments. To achieve this climbers place protection (including nuts, hexes and cams) as they climb, clipping their rope to each piece so they can only fall so far. From sea cliffs to gritstone edges, limestone gorges to mountain crags, many of our most coveted routes are trad climbs. This is the most gear-intensive form of rock climbing and you will need a good selection of protection, quickdraws, karabiners and slings. You will also need the skills to use the gear so do consider taking instruction before venturing onto a trad route.

## KIT Lists

ITEMS	QNTY	✓
Harness	1	
Rock Shoes	1	
Helmet	1	
Ropes - Double	2	
Quickdraws - Short	5	
Quickdraws - Mid	5	
Quickdraws - Long	5	
Karabiners	4	
Karabiners - Screwgate	6	
Belay Karabiner	1	
Belay Device	1	
Chalk Bag	1	
Chalk	1	
Nuts	1	
Hexes	1	
Micros	1	
(or Protection Package)	1	
Cams (0.5)	1	
Cams (0.75)	1	
Cams (1)	1	
Cams (2)	1	
Slings (60cm)	2	
Slings (120cm)	3	
Slings (240cm)	2	