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TRAINING COURSE – EQUIPMENT LISTS

Kilfinane OEC will supply all specialist equipment for introductory and lower level skills courses. Participants on more advanced skills courses may be required to bring some of their own equipment. Participants on Instructor courses are required to bring all their own equipment

Participants on all courses are responsible for ensuring they have appropriate clothing for the activity

MOUNTAIN BIKING COURSE GEAR LISTS

Mountain Bike Courses – Introductory, Try MTB, Skills 1 & 2

You will need to bring... comfortable clothing that will retain heat if wet – no cottons. Clothing should be long sleeved for protection and snug fitting so that it will not snag on chain or other bike parts. Light shell rain jacket & light rain trousers. Comfortable runners with good grip on soles. Spare clothing as necessary. A drink and an energy snack.

We will supply... Mountain Bike, Helmet, Elbow pads & Cycling gloves

Mountain Bike Courses – Skills 3, Advanced courses, All mountain days etc

You will need to bring...

Mountain Bike in good working order – spares as appropriate e.g. tube etc. Multi-tool and wheel pump. Helmet & protective pads, cycling gloves. Comfortable clothing that will retain heat if wet – no cottons. Clothing should be long sleeved for protection and snug fitting so that it will not snag on chain or other bike parts. Light shell rain jacket & light rain trousers. Comfortable runners with good grip on soles. Spare clothing as necessary. A drink and an energy snack.

Mountain Bike Courses – Trailside Maintenance, Basic Mechanics etc

You will need to bring... Your mountain bike, multi-tool, spares and any tool kit you may have. Suitable clothing.

We will supply... Bike stands, training parts etc.

Mountain Bike Courses – Trail Cycle Leader Training

You will need to bring... FULL EQUIPMENT LIST AS PER TCL MANUAL

KAYAKING/ CANOEING COURSE GEAR LISTS

Kayak/ Canoe Courses -Introductory – Level 3 Courses

You will need to bring...Shorts/ swimming togs & T-shirt or long sleeved top (ideally thermal/ synthetic top and not cotton) . Old pair of runners to wear in water, Swimming cap in colder weather, Towel & toiletries, Warm jacket for after water sessions. Pack lunch & drinks for day courses

We will supply.. wetsuit, cagoule (kayaking jacket), buoyancy aid, helmet, kayak and paddle.

Kayak/ Canoe Courses - Advanced/ Instructor Courses

Participants on advanced courses are required to provide all of their own equipment in line with ICU course syllabus requirements

ROCKCLIMBING COURSE GEAR LISTS

Indoor Climbing Courses

You will need to bring... Tracksuit or t-shirt and shorts, Rockboots or well fitting runners with good grips, Towel.

We will supply.. climbing harness, helmet, climbing ropes & hardware

Outdoor Rock Climbing Courses

You will need to bring... Good solid footwear for walk in to climbing crag, Thermal Base Layer, Fleece clothing or suitable alternative, High Quality Jacket (Windproof, Waterproof & Breathable), Rain Leggings, Backpack to carry equipment, Spare clothing, Hat & gloves, Flask, drinks & lunch depending on length of course

We will supply.. climbing harness, helmet, climbing ropes & hardware

MOUNTAIN SKILLS COURSE GEAR LISTS

Participants are expected to come suitably prepared for two full days in the hills. A limited supply of equipment is available from the centre i.e. maps, compass, head-torch.

Personal Equipment:

- Walking Boots & Walking Socks
- Thermal Base Layer
- Fleece clothing or suitable alternative
- High Quality Jacket (Windproof, Waterproof & Breathable)
- Rain Leggings
- Rucksack
- Spare clothing
- Personal first aid kit
- Bivi/ survival bag
- Flask
- Head torch
- Hat & Gloves
- Map & Compass
- Food, drinks & emergency rations.

Towel and change of clothes for change on return. Showers are available at the centre