

Snowdon Kit List

This challenge will be extremely energetic and we can never be sure of weather in the mountains. There are therefore some essential pieces of kit that you need to begin to assemble. Listed below are also some pieces of kit that are a good idea to carry.

Essential Personal Kit

Good Waterproof Jacket and Trousers

Good Quality Walking Boots (must have ankle support) – No boots, no walk!

Warm Clothes (Yorkshire can be cold and wet in summer)

Hat and Gloves

Foods (packed lunch, high energy snacks)

Fluids (e.g. water) plus spare (a container to carry at least 1.5 litres)

Torch

Rucksack – day sack for all the above

Advisable but not essential

Survival Bag or emergency blanket

Personal First Aid Kit

Whistle

Clothing – a Layered system:

In case you have not heard of layered clothing it is a method of ensuring maximum warmth and dryness whilst also wicking dampness away from the body to avoid cooling. Your clothing is split into three layers – base, mid-layer and outer/shell. Base layers can be bought specially but any kind of decent running or walking top – avoid cotton tee-shirts because they stay wet; mid layers are fleeces and jumpers; shell layers include anything that is waterproof. For this trip you need – a good base layer (possibly thermal); at least two fleeces with you on the mountain as well as spare clothes for the minibus; a robust and waterproof shell layer.