



## **Suggested Equipment**

### **WHAT WILL I NEED TO PACK?**

The weather can rapidly change in the mountains, so it is important to ensure you are prepared for all possibilities. Comfort is very important, especially on a long mountain walk. The clothing you wear should be loose, comfortable, 'wick away' moisture and keep you warm.

- Good quality walking boots or trekking shoes - make sure your footwear is broken in adequately before attempting a long mountain walk.
- Good socks (to reduce the chance of blisters!)
- Waterproof jacket and trousers
- Sports/outdoor leggings or shorts (if warm). No jeans!
- Rucksack (15-25 litres in size)
- Spare warm layer such as a fleece top or lightweight down jacket/vest
- Food and snacks for the day - you will need to eat little and often to maintain energy levels so snacks to eat on the go are important! Nuts, sweets, cereal bars, fruit, chocolate and then a sandwich or pasta for lunch.
- Water and hydration – essential for health and completing the hike! Recommendation is 2 litres in light weight water bottles or a water bladder in your rucksack.
- Hat and gloves – even in June there have been below freezing temperature!
- Sun hat and sun cream if the weather looks hot and sunny.
- Fully charged phone (your guide will give you their mobile number)
- Walking poles (if you use them)
- Personal items such as medication/money.
- Simple first aid items such as plasters - there will be first aid kits carried by walking leaders.
- Tent with ground sheet to sleep, if staying over
- Sleeping bag
- Food for the Friday, breakfast and dinner will be supplied on the Saturday only

### **ADVICE FOR THE DAYS PRIOR**

- Drink plenty of water 2-3 days before the event will also ensure your body is fully hydrated in advance.
- Ensure you have consulted with a medical professional if required.
- Check the weather and pack appropriately. Use Met Office and search for Snowdon.
- Break your boots in! Try a trial run in your gear.
- Eat a good meal the evening before to ensure you have energy in the morning.
- Pack wisely. The more you bring the more you have to carry, so consider the weight of your items.