

GUIDED TREK & EXPEDITION (UK) KIT LIST

Conditions when walking can be variable, this is why we have put together this kit list to help make sure you have everything you might need during one of our Mountain Expeditions in the UK

- ➔ Rucksack – at least 25 litres
- ➔ Rucksack liner (or bin bag) – to keep rain out!
- ➔ Sturdy, comfy walking boots or shoes with ankle support and grippy sole
- ➔ Comfortable, thick walking socks
- ➔ Base Layer/T-shirt (not cotton)
- ➔ Comfortable walking trousers (not jeans)
- ➔ Fleece layer/jacket
- ➔ Spare warm layer in rucksack (+ 1 more for early Spring/late Autumn temperatures)
- ➔ Waterproof jacket – essential
- ➔ Waterproof trousers – essential (and separate to your walking trousers)
- ➔ Warm hat – essential
- ➔ Warm gloves – essential
- ➔ Large scale Snowdon map (OS Map OL17 Snowdon)
- ➔ Headtorch (especially in early Spring or late Autumn)
- ➔ At least 1.5 litres water in a re-usable bottle (please do not discard plastic bottles on the mountain)
- ➔ Pack lunch/snacks/sweets and rubbish bag to take items home in
- ➔ Trekking poles (highly recommended for descending and rocky steps)
- ➔ Camera
- ➔ Suncream/Sunglasses/Sun Hat
- ➔ Mobile Phone in a waterproof case/bag
- ➔ First Aid kit – personal blister protection, personal medication, painkillers, plasters