

KIT LIST

ADVANCED SCRAMBLING



PLAS Y BRENIN
NATIONAL OUTDOOR CENTRE

Equipment List

WHAT DO I NEED TO BRING?

- You'll need summer mountaineering gear plus, if you have them:
- Walking socks
- Wicking base layer
- Walking trousers – usually these will be a modern 'technical' quick drying fabric
- Fleece/warm jacket or pullover
- Woolly hat
- Gloves – need to be warm
- Personal First aid kit
- Spare clothing – e.g. extra fleece, belay jacket, spare gloves, spare hat
- Drinks bottle and/or flask. Sandwich box
- Seasonally think about - Sun cream/ sun glasses/ insect repellent/ spare food/sun hat

- And, if you have your own please bring the following but, we can supply these for your course
- Mountain Boots
- Hard Shell waterproofs
- Rucksack- ideally 35 litres min
- Helmet
- Harness