

KIT LIST

HILL SKILLS FOR WOMEN



PLAS Y BRENIN
NATIONAL OUTDOOR CENTRE

Equipment List

- Walking socks
- Wicking base layer
- Walking trousers – usually these will be a modern 'technical' quick drying fabric
- Fleece jacket or pullover
- Woolly hat and Gloves – need to be warm
- Spare clothing – e.g. extra fleece, spare gloves, spare hat
- Drinks bottle and/or flask, sandwich box
- Maps - OS 17 Snowdon & Conwy Valley 1:25000, laminated weatherproof maps are great as you don't need a map case

In the summer you should consider bringing:

- Sun cream, sunglasses
- Insect repellent
- Sun hat

You should also bring the below if you have them but, you can borrow these from our stores

- Walking Boots
- Hard Shell
- Waterproofs
- Rucksack- ideally 35 litres min ·Compass (Silva Expedition 4 recommended)