

KIT LIST

HILL AND MOORLAND ASSESMENT



PLAS Y BRENNIN
HIGHLANDS
NATIONAL OUTDOOR CENTRE

Equipment List

WHAT DO I NEED TO BRING?

Walking boots

Walking socks

Wicking base layer

Walking trousers – usually these will be a modern ‘technical’ quick drying fabric

Fleece

Hard Shell Waterproofs

Woolly hat

Gloves – need to be warm

Rucksack- ideally 35 litres min

Personal First aid kit

Spare clothing – e.g. extra fleece, belay jacket, spare gloves, spare hat

Sun glasses particularly when sunny or snowy

Drinks bottle and/or flask

Compass (Silva Expedition 4 recommended)

You should bring your copy of OL 17 Snowdon & Conwy Valley 1:25,000. We will provide any other maps that we may use.

Headtorch

A watch for timing navigation legs

Seasonally think about – Sun cream/ insect repellent/ spare food/sun hat/sunglasses

You will find a fine permanent marker useful for writing on your maps and a pen handy for taking notes and writing your action plan.