

KIT LIST

INTRODUCTION TO HILL SKILLS



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. (Can be purchased from our shop)
- In the summer you should consider bringing sun cream, sunglasses, insect repellent and a 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)