

KIT LIST

LOWLAND LEADER TRAINING



PLAS Y BRENNIN
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
 - · Waterproofs
 - · Woolly hat
 - · Gloves – need to be warm
 - · Rucksack- ideally 35 litres min
 - · Headtorch
 - · Personal First aid kit
 - · Spare clothing – e.g. extra fleece, belay jacket, spare gloves, spare hat
 - · Seasonally think about - Sun cream/insect repellent/spare food/sun hat/sunglasses
 - · Drinks bottle and/or flask
 - · Compass (Silva Expedition 4 recommended)
 - · A watch for timing navigation legs
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- 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. We will mostly operate on map OS 171:25000 Snowdon and the Conwy Valley and you should bring your copy of this - ideally laminated. Other maps will be provided by us as required