

KIT LIST

LOWLAND LEADER ASSESMENT



PLAS Y BRENIN
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