

KIT LIST

MOUNTAIN LEADER TRAINING



PLAS Y BRENIN
NATIONAL OUTDOOR CENTRE

Equipment List

- Kit for an overnight camp 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
- Windproof gloves
- Rucksack- ideally 35 litres min
- Personal First aid kit
- Spare clothing – e.g. extra fleece, belay jacket, spare gloves, spare hat
- Drinks bottle and/or flask, lunch box
- Compass (Silva Expedition 4 recommended)
- Maps – OS 17 Snowdon & Conwy Valley 1:25,000 and OS 115 Snowdon 1:50,000. Laminated maps are great as you don't need a map case and you can make notes and mark points on them etc.
- Seasonally think about – Sun cream/ insect repellent/ spare food/sun hat/sunglasses
- You should have a larger rucksack (typically around 50 litres)
- For the river crossing it is wise to bring some old trainers Head torch Watch for timing navigation legs If you own one, a helmet is useful for rope work on steep ground, these can also be borrowed from our stores
- 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.
- Example Camp Kit Sleeping bag Sleeping mat Tent Stove and pan Cutlery Mug and bowl Larger rucksack (between 50 and 70 litres) You can borrow any of these items from our stores if you need to.