

# KIT LIST

REC



PLAS Y BRENNIN  
NATIONAL OUTDOOR CENTRE

## Equipment List

### WHAT DO I NEED TO BRING?

Although you don't need to bring any specific First Aid equipment, you should be prepared for whatever the weather will be. We suggest the following as a minimum:

- Waterproof clothing
- Warm clothing
- Hat
- Gloves
- Sunglasses