

KIT LIST



PLAS Y BRENNIN
NATIONAL OUTDOOR CENTRE

Introduction to Scrambling

Equipment List

Introduction to Scrambling Kit List

Here is a list of all the kit you may need during your course. We have a comprehensive stores department that can provide many items you may not have.

The personal kit we have in stores is highlighted in **red**. The rest we ask you to bring.

Personal Clothing

- **Waterproof jacket and trousers.**
- **Walking Boots.**

These should have a good sole and be broken in. Ideally, they will be B1 or B2 rated so they are stiff which provides good support when scrambling.

- Walking trousers. Usually these will be a modern 'technical' quick-drying fabric.
- Wicking base layer.
- Warm layers. Sometimes it can get cool/cold. A warm fleece or synthetic jacket is great.
- Walking Socks.
- Hat and gloves. If it's cold.
- Sunhat and sunglasses. If it's warm.

Equipment List

Personal Kit

- **Rucksack.**

35 litres is a good size for a mountain day pack. A waistbelt is needed to carry it comfortably.

- Dry sacks. For keeping kit dry in the pack during bad weather.
- Water Bottle/Flask
- Lunch Box/bag
- Sunscreen. High Factor.
- Midge Repellant. 'Smidge' is very effective.
- Small personal first aid kit. Include blister plasters. Please remember any personal medication you may need.
- Map. OL17, Snowdon and the Conwy Valley, by Ordnance Survey.
- **Compass**

We recommend a SILVA Expedition 4 compass for navigating.

- **Headtorch.** Plus spare batteries.

If you are buying a headtorch it's worth investing in a quality headtorch for durability, brightness, and battery life. A model such as the Petzl Tikka or Petzl Actik is recommended.

