

KIT LIST

Complete Mountain Skills



PLAS Y BRENNIN
NATIONAL OUTDOOR CENTRE

Equipment List

Complete Mountain Skills - 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.**

Your boots should cover your ankle and be broken in.

- ♦ **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 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.
- ♦ Maps. Ensure the map is weather proofed, ideally buy the laminated version.
- ♦ OL17, Snowdon and the Conwy Valley, by Ordnance Survey.
- ♦ Landranger 115, Snowdon/Yr Wyddfa, by Ordnance Survey.
- ♦ Watch. With stopwatch function. This is useful for timing to keep track of how far you have walked. A watch is much easier to use than a phone.
- ♦ Compass We recommend a SILVA Expedition 4 compass.
- ♦ 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.

Equipment List

Camping Equipment

We spend a night camping during this course so you will need the following. You're welcome to use your own kit or you can use ours.

- ◆ **Overnight Rucksack** This will need to be 50 – 70 L.
- ◆ **Sleeping Bag**
- ◆ **Sleeping Mat**
- ◆ **Tent**
- ◆ **Stove + pan + fuel**
- ◆ **Cutlery**
- ◆ **Mug/Bowl**
- ◆ Toiletries. Go light. Only the essentials.
- ◆ Rubbish bag.
- ◆ Nice extras. It's always to have something to bring a bit of luxury. Travel pillow, earplugs, eyemasks, headphones etc can make it much nicer for little extra weight.
- ◆ Residential course bookings: Food. We will supply camp food, although you may want to bring some sweet treats.

Non- residential course bookings: please bring your own food, camp food as well as treats.



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