

KIT LIST

Mountain Leader



PLAS Y BRENNIN
NATIONAL OUTDOOR CENTRE

Equipment List

Summer Mountain Leader - 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.**
- ◆ **Clothing for the river crossing. Have a set of clothes and shoes you don't mind getting wet.**

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 Repellent. '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 or use map cases. However, using map cases means it is difficult when you need to adjust which area of the map is visible in the wind/rain. Also marking the map is difficult/impossible when using a case.
- ◆ OL17, Snowdon and the Conwy Valley, by Ordnance Survey.
- ◆ Landranger 115, Snowdon/Yr Wyddfa, by Ordnance Survey.
- ◆ Map Pen. Staedler permanent Lumocolor or Sharpies work well and are easily cleaned off using nail varnish remover or hand sanitiser.
- ◆ 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
- ◆ 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.
- ◆ **Spare headtorch.**
- ◆ **Helmet.**
- ◆ We use a helmet when practicing ropework so if you have your own that you like you can use that.

Equipment List

Camping Equipment

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

- ◆ **Overnight Rucksack**

This will need to be 50 – 70 L.

- ◆ **Sleeping Bag**
- ◆ **Sleeping Mat**
- ◆ **Tent**
- ◆ **Stove + pan + gas**
- ◆ **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.

