



Hiking Courses

Items in **blue** are available to borrow from our stores. However, supplies are limited so we recommend you bring your own kit if possible. Any borrowed items are subject to availability.

Hill skills | Hill skills for women | Mountain skills | Eryri mountain walks | Welsh 3000s challenge 2, 3 & 5 day | Moel Siabod Walk | St Davids Day Walk | Christmas walks | Introduction to navigation | Introduction to scrambling | Complete Nav Skills | SML refresher | Lowland Leader training and assessment | Hill and Moorland Leader training and assessment

Personal Clothing

- ☐ **Waterproof jacket** with a hood
- ☐ **Waterproof overtrousers**
- ☐ **Walking boots** - these should cover your ankle and be broken in
- ☐ **Walking trousers** - of a 'technical' quick drying material
- ☐ **Wicking base layer**
- ☐ **Synthetic mid layer** - cotton performs very poorly in bad weather
- ☐ **Warm layers** such as a fleece and/or insulated jacket - synthetic is better than down, as down will not work if it gets wet
- ☐ **Walking socks**
- ☐ **Hats and waterproof gloves** (spare pairs of gloves if it is rainy)
- ☐ **Sunhat and sunglasses** (if it's hot)
- ☐ **Gaiters** (optional)

Personal Kit

- ☐ **Rucksack** - 35 litres is a good size for a day pack and a waist belt is necessary for comfort
- ☐ **Headtorch and spare batteries**
- ☐ **Walking poles** (optional but nice to have)
- ☐ **Drybags** for keeping warm layers dry in poor weather

- ☐ **Mobile phone** and a way of keeping this dry
- ☐ **Lunch box / bag**
- ☐ **Water bottle / flask**
- ☐ **Sunscreen** (high factor)
- ☐ **Midge repellent** such as 'Smidge'
- ☐ **Small personal first aid kit** including plasters for blisters. Please remember any personal medication you may need.

For Navigation, Skills or Walking Leadership Courses

- ☐ **Compass** with a romer on the baseplate and rotating bezel
- ☐ **Map - OL17 Snowdon and the Conwy Valley.** Ensure the map is weatherproofed either by purchasing the waterproof version, or using a map case.
- ☐ **A watch** with stopwatch function for keeping track on how far you've walked - this is much easier to use than a phone
- ☐ **Map pen** - Staedler permanent Lumocolor or Sharpies work well and are easily cleaned off laminated maps using nail varnish remover or hand sanitiser