



PLAS Y BRENIN
NATIONAL OUTDOOR CENTRE

International Mountain Leader Summer

IML summer training candidates may borrow items from stores. If you are on an assessment there will be no access to stores.

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.

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).
- ☐ **Old trainers and clothes** for the water hazards session.
- ☐ **A GPS unit** if you have one.
- ☐ **A laptop or device** for online research.

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).
- ☐ **Map - OL17 Snowdon and the Conwy Valley** for training course, please enquire with PYB for assessment course.
- ☐ **Compass** with a romer on the baseplate and rotating bezel.
- ☐ **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.