



PLAS Y BRENIN
NATIONAL OUTDOOR CENTRE

Mountain Leader

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.

Candidates at assessment are expected to have the necessary day kit but may borrow camping equipment if required.

Personal Clothing

- ☐ **Waterproof jacket with hood**
- ☐ **Waterproof over trousers**
- ☐ **Walking boots.** These should cover your ankles and be broken in.
- ☐ **Walking trousers** of a 'technical' quick drying material.
- ☐ **Wicking base layer**
- ☐ **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**
- ☐ **Gaiters.** Optional

Personal Kit

- ☐ **Rucksack.** 35 litres is a good size for a day pack and a waistbelt is necessary for comfort.
- ☐ **Drybags** for keeping warm layers dry in poor weather.
- ☐ **Mobile phone** and a way of keeping it dry.
- ☐ **Lunch box / bag**
- ☐ **Water bottle / flask**
- ☐ **Sunscreen.** High factor.
- ☐ **Midge repellent** such as 'Smidge'.

- ☐ **First aid kit.** Small personal kit including plasters for blisters and personal medication you need.
- ☐ **Headtorch** and spare batteries.
- ☐ **Walking poles.** Optional but good to have.
- ☐ **Map.** OL17 Snowdon and the Conwy valley. Ensure the map is weatherproofed either by purchasing the waterproof version or using a map case.
- ☐ **Large scale map.** Harveys British Mountain Map 1:40 Snowdonia or OS Landranger 115 (1:50)
- ☐ **Compass** with a romer on the base plate and rotating bezel.
- ☐ **A watch** with a stop watch function for keeping track of how far you've walked - much easier than using a phone.
- ☐ **Map pen.** Staedler permanent lumocolor or Sharpies work well and are easily cleaned off laminated maps with nail varnish remover or hand sanitiser.

Camping Equipment

- ☐ **Overnight rucksack** 50 to 70 litres is ideal
- ☐ **Sleeping bag**
- ☐ **Sleeping mat**
- ☐ **Tent**
- ☐ **Stove, pan and fuel**
- ☐ **Mug and bowl**
- ☐ **Cutlery**



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- ☐ **Toiletries.** (Essentials only).
- ☐ **Rubbish bag**
- ☐ **Useful extras.** Travel pillow, earplugs or headphones to make the experience better without adding too much weight. Eye mask / buff when camping in summer.
- ☐ **Water filter** or purification tablets (optional, you will be able to boil water with the stove).
- ☐ **Food.** Residential course bookings will have camp food supplied, but feel free to bring extra sweet treats; non-residential bookings will need to bring their own camp food and treats. Complete Mountain Skills and Mountain Leader training will need enough food for one night, Mountain Leader assessment will need enough for a two-night expedition

If you are attending a Mountain Leader training or assessment course, please also bring:

- ☐ **A helmet**
- ☐ **A change of clothes and shoes** for the river crossing session (needs to be shoes that will stay on - not crocs or sandals)
- ☐ **Group kit.** Any group kit you might already have such as a **group shelter, group first aid kit, confidence rope.**

For those on a training course, we have these items in stores so don't worry if you don't own them.

For those on assessment, we would expect you to bring your own.