

Tan-Yr-Wyddfa 2019

Snowdonia kit list

*** This item can be borrowed from School**

Group Kit (needs to be divided and carried amongst group)

- ☑ Maps, compasses and whistles*
- ☑ Basic first aid kit (includes bandages, plasters, safety pins, etc)*
- ☑ Group shelter*

Personal Kit

- ☑ Pillow
- ☑ Sleeping bag (2–3 season)*
- ☑ Sleeping mat* with strap or thick band/self-inflating camping mat (Thermarest)
- ☑ Rucksack *
- ☑ Torch (a headtorch leaves your hands free)with spare batteries and bulb*
- ☑ Water bottle (plastic, not glass)/hydration system 2 litres each
- ☑ Watch
- ☑ Spoon, bowl and mug
- ☑ Snacks for the 3 days
- ☑ Swimming costume & goggles

Clothing (Avoid cotton if possible; aiming for items which will dry easily)

- ☑ 3 Pairs of walking trousers/tracksuit bottoms (not denim/jeans)
NB 1 pair is to wear underneath a top pair trousers if the weather is snowy /cold
- ☑ 2 long sleeved T shirt/shirt
3 short sleeved T shirts
- ☑ 3 Fleeeces(Thin and thick is good)
- ☑ 3 pairs Thick walking socks (proper walking socks help prevent blisters)
& 4 pairs of thinner socks
- ☑ Walking boots (vibram soles or similar, no trainers, boots must be worn-in beforehand) *
- ☑ Waterproof jacket and trousers (Gortex/breathable material is better)*
- ☑ Underwear(Artificial fibre which wicks out is best)
- ☑ Sunglasses/snow goggles (For snow)
- ☑ 2 pairs of gloves
- ☑ 2 warm hats which will stay on in the wind

Toiletries

- ☑ Toothbrush toothpaste and soap/shower gel (small amount)
- ☑ Toilet paper (small amount)
- ☑ Lip balm
- ☑ Sunscreen

Personal medication/kit

- ☑ Blister kit (Compeed)/fabric plasters/zinc oxide tape
- ☑ Headache tablets
- ☑ Antiseptic cream
- ☑ Any personal medication (asthma inhaler, epipen, etc)

Emergency kit

- ☑ Emergency food (Kendal mint cake, cereal bars, gel) minimum 500cals, unopened
- ☑ Pencil and paper
- ☑ Mobile phone

Extra Items to consider

- ☑ Day sack
- ☑ Spare shoe laces
- ☑ Plastic bags (for wet clothes, etc.)
- ☑ Spare battery and bulb for torch
- ☑ Penknife/Multi-tool
- ☑ Camera
- ☑ Buff
- ☑ Salopettes
- ☑ Pyjamas
- ☑ Full leg thermal underwear

*** You should start preparing NOW, if you are really struggling with any particular items then see Mr Sims.**