

Snowdon by Night - Kit List

Make sure you pack according to the list. Remember that layers are the key, allowing you to adjust your temperature more easily. This list is the minimum requirement (not optional). You may be refused participation if your kit is not adequate for the weather conditions.

Equipment

- Rucksack – at least 25 litres
- Rucksack liner (or bin bag) to keep rain out!
- Trekking poles (optional) – highly recommended for tired legs on descent
- Suncream/sunglasses/sun hat
- Mobile phone in sealed plastic bag
- First Aid Kit – personal medicine/blister protection/painkillers/plasters
- Headtorch and spare batteries

Food/Drink

- 2 x 1 litre reusable water bottles (filled with water to start)
- Packed lunch
- Snacks / extra juice drinks
- Plastic bag to take your rubbish home

Clothing

- Base layer or T-shirt (not cotton)
- Walking trousers (not jeans)
- Fleece jacket or top
- Spare warm layer in rucksack
- Waterproof jacket
- Waterproof trousers (separate to your walking trousers)
- Warm hat
- Warm gloves

Footwear

- Sturdy, comfy walking boots with ankle support
- Comfortable walking socks + spare pair

Leave at accomodation

- A full change of clothes including shoes
- More food and drink