

## Clothing

- Walking Boots
- Walking Socks - Outer / Inner Pairs
- Waterproof Socks
- Base Layers - Shorts / Tights / Upper Body
- Walking Trousers
- Walking or Wind Proof Jacket
- Waterproof Jacket / Trousers
- Fleece or Warm Jumper
- Hat / Gloves / Balaclava

## Luggage / Packing Equipment

- Day Back Pack (to take on the mountains) - Smaller, lighter version for Snowdon Horseshoe
- Dry Sacks or Plastic Bag (for web clothes)
- Camelbak or Water Bottle

## Walking Equipment

- Head Torch & Spare Batteries (especially Snowdon Night Trek)
- Mini First Aid Kit\*\*, Pain Killers, Blister Plasters and Vaseline
- Insect Repellent, Sun Cream and Sunglasses (Sun Cream and Sunglasses not required for Night Trek)
- Whistle and Compass

Mobile Phone

### Hygiene & Health

Toilet Paper

Prescribed Medication (if applicable)

### Other Optional Equipment

Walking Poles

Camera

\*\*Maps

\*\*Emergency Equipment – Silver Blanket, Survival Bag

**\*\*All of our guides will have Emergency Equipment and Maps with them.**

We are pleased to provide all trekking participants with a special discount to use at Cotswold Outdoor Ltd which is available to use both in their stores and online through their website. Terms & Conditions apply.