



EQUIPMENT LIST FOR THE YEAR 7 & Year 9 SNOWDON EXPEDITION

Year 7 - 28th – 30th June 2019

Year 9 - 12th – 14th July 2019

What to wear when walking up Snowdon:

- Waterproof outer layer (Can always be kept in the rucksack until needed, don't leave home without it)
- Fleece or jacket dependent on the weather
- Breathable base layer (look out for technical materials, avoid cotton tshirts)
- Walking trousers (Quick drying trousers with a good range of movement, avoid denim)
- Waterproof over trousers (cheaply available on Amazon)
- Rucksack/Daypack (Well fitted, adjusted correctly and comfortable)
- Watch (Or any reliable method of telling the time)
- Walking boots or sturdy trainers with decent ankle support
- Breathable socks

What to pack in your rucksack when walking up Snowdon

- Suncream, sunglasses and a hat
- Blister relief plasters just in case
- Spare Laces
- Water bottle (Keep yourself hydrated)
- Non-breakable flask IF you have one, and a couple of sachets of instant hot chocolate
- High energy snacks (Flapjack, Kendal Mint Cake offer a release of energy when tired)
- Spare Socks
- Camera

Other things for the trip

- Sleeping bag and pillow for bunkbeds (this keeps our costs lower, as the centre charge extra to use their bed linen)
- A cake/flapjack/cookies in a tin to be shared out pudding time and/or up the mountain
- Enough day/night clothing for two nights, plus a small towel and minimal toiletries