



EQUIPMENT LIST FOR SNOWDON EXPEDITION

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 t-shirts)
- 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
- Walking boots or sturdy trainers with decent ankle support (the centre has plenty)
- Thick ski or walking socks with a 'loop-stitch'. Thin socks are hard on the feet and often cause sores and blisters.

What to pack in your rucksack when walking up Snowdon

- Sun-cream, sunglasses and a hat
- Blister relief plasters just in case
- 2 water bottles (keep yourself hydrated)
- High energy snacks and sweets
- Spare socks and laces

Other things for the trip

- Sleeping bag and pillow case for bunkbeds (this keeps our costs lower, as the centre charge extra to use their bed linen)
- Cake in a tin (optional)
- Enough day/night clothing for two nights – include layers to keep you warm as well as summer clothing. A long sleeved fleece or jumper is ideal. Trousers to wear during activities – jogging bottoms are fine. Don't bring jeans, as these are not appropriate for the activities you'll be doing



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- Old shorts, old trainers and swimwear to get wet in
- Spare clothing to wear if you get wet
- Carrier bag for wet clothing to go in
- A towel and minimal toiletries and night clothes
- Torch with spare batteries
- A pen and a pencil and a few coloured pencils
- Pack of cards (optional)
- Packed lunch in a sandwich box and enough snacks to keep you going until the Friday evening meal at the centre
- Medication if necessary (this needs to be name labelled and handed to a teacher before leaving)

Please keep the size of your trip bag to a minimum – pack everything you need for the trip into a soft bag not a rigid suitcase, as this is easier to store in the dormitories. Put your packed lunch and anything else you may need on the coach in your school rucksack (or whatever rucksack you intend to carry up the mountain).