Snowdon Kit List 2022

*Bedford Free School students will be staying at the Arete centre – visit* [*www.aretecentre.co.uk*](http://www.aretecentre.co.uk) *for more information. This kit list is from the centre. The centre is brilliantly equipped and has all the big items you need – such as waterproof clothing, walking boots, wet suits and safety gear for adventurous water activities. Please don’t worry about having to buy any expensive items for the trip.*

*The Arete activity courses are held at outdoor venues across the mountains of Snowdonia and along the coastline of Anglesey. The changing weather adds to the beauty of the area and the sense of real adventure. For this reason, it is important to pack and be prepared for all eventualities, to ensure a comfortable stay.*

*We have drawn up a recommended kit list below. At the centre we do have specialist kit for the outdoor activities that includes waterproofs, fleeces, walking boots and wetsuits. These can be used by all course members, but feel free to bring any of your own items too. Please don’t bring along any new or expensive items of clothing that aren’t designed for the outdoors. Be prepared to be muddy and wet at times.*

*Note the centre isn’t responsible for any expensive or treasured items, and we recommend such items are left at home.*

* Duvets and pillows are provided but you must bring your own duvet covers, fitted sheet and pillow cases as we haven’t paid the extra charge to hire the linen from the centre. A sleeping bag will do instead of using the duvet, but still bring a sheet and pillow case (not a pillow!).
* At least two pairs of thick ski or walking socks with a ‘loopstitch’. Thin socks are hard on the feet and cause sores and blisters. **Good socks are key to comfortable feet on the long mountain climb.**
* At least two warm jumpers or fleeces with long sleeves.
* Two pairs of warm trousers to wear during activities. Track suit bottoms are quite adequate. Please don’t bring jeans for activities as they aren’t suitable.
* A different T-shirt or similar to wear each day during activities. Thermal tops are ideal if you have any.
* A warm hat and a pair of gloves plus sun hat and sun cream to cover all weather options.
* 2x shorts and swimwear. Extra old shorts to wear over the top of the wetsuits.
* Underwear and nightwear.
* A set of casual clothes to wear around the Centre during the evenings.
* Toiletries and two large towels (one large enough to preserve modesty whilst changing outside, one for the bathrooms).
* Pocket money (suggested amount £5-10) if you wish to use the onsite souvenir and tuck shop.
* Torch with spare batteries.
* At least one pair of old normal trainers to wear during water sessions and a dry pair for land activities and travelling to venues. Sturdy trainers with laces rather than thin soled slip-on shoes. Not football AstroTurf shoes as the rubber is too hard and slippy on rock.
* Sandwich Box and 2 x 750ml water bottles (any plastic bottle will do).
* Medication if necessary.
* Carrier bag to return wet/dirty clothing.
* If you have your own waterproofs, walking boots, wetsuit or wellies please feel to bring them along to use on activities.