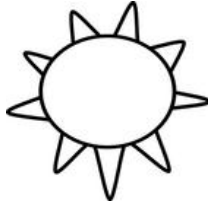



Snowdon Sea to Summit Kit List

Taking the right equipment for your challenge is very important so just get in touch with any questions – we'll be happy to talk you through it. The following recommendations include clothing for all weathers you may encounter; you may not end up needing all of it, but being prepared is vital.

<p>Weather Conditions</p> <p>It could be clear, raining, warm, cold, windy or a mixture of all of them! The weather can change rapidly during the course of a day, and the mountains are very exposed. This can have an impact on your comfort and safety, especially if you are ill-equipped.</p> <p>As conditions can be unpredictable, you should be prepared for any sudden changes. You need good quality kit and plenty of layers to keep you warm / cool as appropriate, and dry.</p>	 <p>Average Min/Max Temp 1 – 15°C</p>	 <p>Average Rainfall 71 – 368mm</p>
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ON CHALLENGE

✓	ESSENTIAL Kit & Clothing	<i>We can't stress enough that you have good quality clothing – it can have a huge impact on how much you enjoy the challenge, and whether you are able to complete your challenge. Remember that you will be active all day, whatever the weather. Test your kit out in all weather conditions during training, so you have full confidence in it.</i>
	Walking boots	With firm ankle support for uneven ground. Must be well worn in so they are comfortable; ensure the sole pattern provides plenty of grip on rocky ground and is not too worn. Ensure they are waterproofed. Trainers are not suitable and will not be permitted for the trekking part of this challenge.
	Walking socks	Ensure they wick well, and are the right fit for your boots. Liner socks can make a difference if you suffer from blisters – try out different combinations of socks while training, so you have the perfect fit in time
	Trainers	For cycling and in canoes – they should be sturdy and have a good grip
	Wicking base layer	T-shirts or tops made from wicking material are essential in regulating your body temperature; avoid cotton as it absorbs sweat and will make you cold
	Insulating mid-layer(s)	Warm long-sleeved layer (eg fleece). Two or more thinner layers trap warmth and are more effective and versatile than wearing one thick top
	Outer fleece / thermal jacket	Good quality outer layer
	Waterproof windproof jacket	Good quality (eg gore-tex) essential; material should be breathable and seam-sealed. Combining a lightweight waterproof with a fleece is more versatile than a heavy jacket which is too hot. It must keep you dry in heavy rain, not just showers – test it while training. Hi-vis reflective strips highly recommended
	Waterproof over-trousers	Good quality and breathable essential. As well as keeping you dry (and warm), these protect your socks from rain, which helps prevent blisters
	Trek trousers	Good quality, warm
	Cycling leggings	Warm leggings (need to fit closely to ankles) – also suitable for canoeing (underneath waterproof trousers)
	Padded cycling shorts	Lycra with chamois insert can be worn comfortably under leggings
	Cycling gloves (fingerless)	Essential for comfort and grip – gel padding reduces vibration
	Sunglasses	Wraparound style useful
	Warm hat and gloves	Useful if you feel the cold or it is particularly bad weather
	Small day-sack	To carry camera, spare layers, fleece, waterproofs, first aid kit, sun cream, snacks and anything else you need for the day. At least 25-30 litre capacity, adjustable shoulder-straps and hip belt essential. Most have compartments for hydration bladders (below). Hi-vis reflective strips highly recommended.

	Large strong plastic bags	To keep contents of your day-sack dry; spare layers must be protected. Alternatively, a waterproof rucksack cover is very useful.
	Water bottle(s) / hydration bladder	Should be able to carry min 2 litres. A bladder (eg platypus) allows you to drink easily and regularly without stopping and is highly recommended – ensure a compatible fit with your day-pack
	Trekking poles	Useful on hilly and uneven ground especially if you are tired or unsteady. Reduces the impact on your knees considerably. Use when training to get used to them
	Liquid handwash (waterless)	Small bottle for easy hygienic hand-washing – this prevents any bugs spreading around the group. Wet wipes are also useful
	Toilet paper / wet wipes + plastic bags	There won't always be toilets where you need them! Bags for disposal en-route; fragranced nappy bags are best
	Whistle	For safety reasons if you become separated
	Snacks (eg cereal bars / dextrose tablets/ dried fruit packs / jelly babies)	Extra sources of energy are highly recommended if you are having a tough day, or have special dietary requirements and need a source of extra energy, or if you just need your personal favourites to motivate you!
	Camera / phone	Fully charged

✓	OPTIONAL Clothing & Equipment	
	Change of clothes Spare footwear	For travelling home
	Wash-kit & towel	There will be an opportunity to freshen up at the end
	Small dry-sack	Optional; useful when canoeing but not essential
	Bag / rucksack	For change of clothes and gear not needed on the mountain; stays at base

✓	Small Personal First Aid Kit	<i>Should be carried in your day-pack; everyone is different so judge what to trek with and what can be left at the base</i>
	Regular medication	Anything you take regularly or while exercising
	Sun block / sun cream SPF lip balm After sun / moisturiser	Minimum SPF 30 – sun strong in mountains even if it feels cold. Mountain air can make skin dry
	Painkillers	e.g. ibuprofen, paracetamol
	Rehydration sachets	e.g. dioralyte
	Plasters and blister dressing	Zinc oxide tape and dressings recommended for covering hot spots and blisters. Compeed works well at end, but not so effective part-way through
	Talcum powder / vaseline	Can help with blister prevention - experiment at home while training
	Aftersun / moisturiser	Exposure to the elements dries out the skin

✓	Important Documents & Money	<i>We recommend you have digital copies stored in a safe place you can access if required</i>
	Money	You should not need much money but ensure you have a small amount of cash with you; there are cash machines in Keswick
	Credit Card	Always carry a credit card in case of emergencies
	Travel Insurance Documentation	Optional; we recommend you have cover for loss or damage of personal belongings, personal accident and liability, etc, as well as cancellation

Note on Luggage:

- Please be careful not to bring too much! You will need a day-sack to contain everything you may need, and can leave a bag with change of clothes and anything else you don't need at 'base'.
- As a general rule, avoid travelling with anything valuable or irreplaceable