

# SNOWDON CHALLENGE KIT LIST

Good quality, durable kit could mean the difference between a fantastic trip and an uncomfortable one. This is a list of recommended kit to take on your adventure.

## BAGS

- Main kit bag (duffle bag)** – with all your items not needed whilst on the trip itself. This can be stored at the hotel or in your car
- Daypack** – 20 – 25 litre for trekking and can be used on the bike section to carry essentials. A rain cover is ideal
- Dry bags** – can be used for all activities and also for additional storage of items between activities
- Name tags** - please ensure you clearly mark all your bags with your name

## CLOTHING

- Water-proof jacket with hood AND water-proof trousers.** It is imperative to have good quality water-proof clothing which is breathable. We recommend the following fabrics: Gore-Tex Pro, Gore-Tex or Páramo.
- Wind-stopper jacket** or a **soft-shell jacket** which is wind-proof
- Midlayer** or **fleece**
- Trekking trousers** - trekking trousers with zip off legs are ideal if it is warm. Avoid cotton. Option for women to wear leggings
- Base layers** (merino wool or wicking fabric) long-sleeved top x 1 and long johns x 1 (weather dependent)
- Wicking t-shirts** for trekking and cycling
- Shorts** (optional) for trekking and cycling
- Cycling gear** – you are welcome to wear cycling clothing if you wish and **high vis** is recommended. You will have the opportunity to change into your trekking clothes after completing the cycling leg
- Buff** – used for sun protection & warmth
- Beanie** - for warmth on the mountain
- Gloves** – thermal for the mountain. Cycling gloves are optional
- Underwear** – wicking or merino wool base
- Casual clothes** for evenings and travel

## FOOTWEAR

- Hiking boots** – well-worn in trekking boots with ankle support and waterproof
- Trainers** – for cycling and kayaking
- Water shoes, trainers, crocs** – you must wear some form of foot protection on the kayak as the slate is sharp when carrying the kayaks to and from the lake
- Socks** – minimum of 2 pairs of merino wool or synthetic trekking socks especially if the forecast is for poor weather conditions. Wicking socks for wearing with trainers for bike & kayak. Please ensure you trial your sock-wear prior to your trip to ensure your sock choice is suitable for your feet.
- Flip-flops** or similar for post event – (optional).

## EQUIPMENT

- Water bottle** - we suggest a 2-3 litre capacity. Platypus / Camelbak system. You can purchase an [Adventurous Ewe Water-to-Go filtration bottle](#)
- Thermos** – (optional) if you wish to take a hot drink on the trek
- Cycling helmet** – essential (bring your own or hire ones are available)
- Head torch & spare batteries** - essential to carry at all times during the trek
- Sunglasses** – these are essential. They must have strong UVA/UVB protection
- Trekking pole(s)** - optional. Please train with these prior to your trek

## TRAVEL ADMIN

- Travel tickets ie. train tickets**
- Debit/credit cards**
- Cash for car parks in the area**

## ADDITIONAL ITEMS

- Hand sanitiser** (essential)
- Favourite snacks**, both sweet and savoury
- Electrolytes** – especially on warm weather days
- Sunscreen, lip block & lip balm** – SPF50 as a minimum
- Camera/mobile phone** – enclose in a dry bag
- Toiletries** – including biodegradable loo paper, dog poop bags, biodegradable soap / shampoo/conditioner, travel hand soap, eco-friendly wet-wipes, toothpaste & bamboo toothbrush, deodorant, etc.
- Light-weight micro-fibre towel** – for kayaking
- Personal First Aid** - please bring any personal medication plus paracetamol, ibuprofen, antihistamines, rehydration sachets, antibacterial hand gel and plasters/Compeed blister pads, zinc oxide or Rock tape, etc.

## NICE TO HAVE

- Duct tape** for emergency repairs – (wrap some around your trekking pole or water bottle rather than carrying a whole roll)
- Waterproof mobile phone case with attachment strap** - if you wish to take your mobile with you on the kayak
- Ear plugs** for the hotel
- Reading material / card games** for the evenings
- Spare dry bag** for dirty or wet clothing
- Multitool/Swiss army knife**
- Portable power-bank & charging cables**

Two days prior to your trip, please check the MWIS weather forecast and prepare accordingly. Visit [MWIS Snowdonia](#).