

The items below are what we either require or recommend that participants on this course bring with them. Items in **bold** are required for both your own safety and the safety of the group.

If you have any questions about the items below, or are unsure if something you already own meets the requirements of course then please do not hesitate to get in touch. We also have some items that you can borrow for the duration of the course if you speak to us first.

**Practice and Test!**

If you have the opportunity to test out your equipment on short walks or at home you should—especially your boots and walking socks. It will also help if you have erected your tent at least once before coming along, and tried out your stove and other vital equipment.

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**Personal Clothing**

Everything you will wear whilst walking and in the evening/overnight

Item	Notes/Advice	X
<b>Waterproof jacket</b>	<i>Waterproof breathable upper-body layer. Also acts as windproof. No ponchos sorry—they don't work well in the UK mountains.</i>	
<b>Waterproof trousers</b>	<i>Waterproof overtrousers, ideally breathable and able to be put on without taking boots off first.</i>	
<b>Walking trousers</b>	<i>Comfortable fast-drying walking trousers. NOT jeans. Must be full-length, but zipoffs are OK. If you prefer walking in leggings or tights then that's fine.</i>	
<b>Base layer (top)</b>	<i>Wicking non-cotton base layer top. I tend to carry one per day—one to wear when walking and then another to change into for the evening and wear the next day. Long or short sleeve are fine for summer, one of each allows for some versatility</i>	
<b>Warm layer</b>	<i>Fleece (or equivalent) insulating layer that can be worn on its own or under a waterproof layer.</i>	
<b>Insulation layer</b>	<i>An insulating jacket that can be worn over or under a waterproof. A down jacket or Primaloft/ synthetic-fill jacket would be ideal.</i>	
<b>Hat</b>	<i>For warmth at night and in case of poor weather. A Buff or similar convertible headwear would do.</i>	
<b>Gloves</b>	<i>For warmth at night and in poor weather.</i>	
<b>Underwear</b>	<i>Comfortable and non-chafing! How many sets is a personal choice, but one set per day is not excessive :-)</i>	
<b>Socks</b>	<i>Comfortable and suitable for hiking. Make sure they work with your boots on your test walks etc. A pair per day</i>	
<b>Walking boots</b>	<i>Comfortable and with good ankle protection and with at least 10-15mm of tread depth. Boots are better than trail shoes but if you have a lot of experience with mountain walking in trail shoes then please get in touch to discuss.</i>	
<b>Thermal Underwear</b>	<i>Some people prefer to take thermal leggings to wear in the evening/overnight. This is probably as much down to your sleeping bag as your own physiology.</i>	

## **Camping Equipment**

Your shelter and sleeping and cooking equipment

Item	Notes/Advice	X
<b>Tent</b>	<i>Big enough to sleep in but small enough to fit in your bag! At least a 3-season rating is preferable. If it's new to you or borrowed try erecting it several times to make sure you are familiar with it.</i>	
<b>Sleeping bag</b>	<i>A 3-season bag that has a comfort rating of at least 5°C and can be packed-down tightly enough to fit in your rucksack.</i>	
<b>Sleeping mat</b>	<i>An insulated sleeping mat, either self-inflating (Thermarest-type) or a closed-cell foam mat. Can be strapped onto the outside of your rucksack if necessary.</i>	
<b>Stove (and fuel)</b>	<i>A camping stove and sufficient fuel for cooking several camping meals. Either gas or meths/liquid fuel is best, there is little fuel for a wood-burning stove. Solid fuel/esbit/FireDragon fuel may also work.</i>	
<b>Pan</b>	<i>Something to boil water/heat food over the stove. In some stove systems (Jetboil etc) this is integral to the stove.</i>	
<b>Mug/bowl/plate/cutlery</b>	<i>This is very much a personal choice. Multi-use items are good for saving weight/space but reduce your ability to cook more complex meals. A minimum of a mug, a bowl and a spork is my personal choice.</i>	
<b>Food and Drink</b>	<i>You will need to carry your own food for one evening meal, one breakfast, one lunch and snacks. You will also need any drinks other than water—tea bags, coffee etc.</i>	
<b>Water Sterilisation</b>	<i>Even in the relatively safe UK mountains it's important to make sure water is clean and safe to drink. A water filter or sterilisation tablets are strongly recommended.</i>	

## **Personal Equipment**

Your essential items

Item	Notes/Advice	X
<b>Rucksack</b>	<i>Big enough to carry your equipment (without having to perform complex origami to pack it all in) and comfortable to wear all day. Normally a minimum of 50L, up to about 70-75L.</i>	
<b>Headlamp (and spare batteries)</b>	<i>Small LED head torch with spare batteries. A hand torch will be too restrictive, especially for walking around after dark</i>	
<b>Water bottle/Hydration bladder</b>	<i>A water bottle/bottles or hydration bladder for clean drinking water. I carry a bladder and a 1L bottle.</i>	
Personal First Aid Kit (and blister plasters)	<i>Your leader will be carrying a full first aid kit, but we recommend that you carry your own small kit with your own medication (any you normally take/may require) and blister plasters (Compeed).</i>	
<b>Wash kit</b>	<i>You won't need much but a small toothbrush and tooth paste will be sufficient. See notes below about wipes.</i>	
<b>Toilet kit</b>	<i>You will need a small amount of toilet paper and alcohol gel/wipes, plus a small lighter. If you are bringing wipes then you will need a bag to put used wipes into to carry them back out again.</i>	
<b>Sunscreen/Insect Repellent</b>	<i>Even in Snowdonia we get some sun, and you will need suncream and possibly insect/midge repellent. I recommend the 'Smidge' brand for repellent.</i>	
Walking poles	<i>Some people find them useful (including me) but if you are bringing some make sure you practice walking with them first as they require some experience.</i>	
Drybags (or plastic bags)	<i>Roll-top dry bags are a good way of waterproofing equipment and organising the contents of your rucksack, but do add some weight and bulk. I normally carry 2 or 3.</i>	
Map and compass	<i>Your leader will be carrying a map and compass but you can bring your own if you wish to practice (Ordnance Survey OL17 1:25,000 scale)</i>	
Book/Kindle/MP3 Player	<i>Something to do in the evening, but this is personal choice. Consider the weight implications :-)</i>	
Camera		
Phone	<i>Consider a waterproof case</i>	