

The Myton Hospices Snowdon Trek

Kit List

Essential Items

You must have these with you to take part, your mountain leader will undertake a kit inspection before allowing you to leave with the group

- Rucksack 25-35 Litres
- Sturdy, comfy walking boots or trail shoes with ankle support and grippy sole
- Waterproof Jacket with hood
- Comfortable, thick walking socks
- Comfortable walking trousers (no Jeans)
- Base Layer/Tshirt – not cotton
- At least 2 litres of water
- Snacks for rest stops on the mountain
- Personal first aid kit - blister protection, medication, painkillers, plasters
- Waterproof Trousers
- Rucksack liner or bin bag – to keep rain out
- Fleece Layer/Jacket
- Spare warm layer in a rucksack
- Warm Hat
- Warm gloves
- Suncream

Desirable Items

You may find the trip more enjoyable should you have these items

- Walking poles – eases the pressure on your joints
- Mobile phone in a waterproof case/bag

Great snack ideas – Nuts, Trail mix, Granola Bars, Jerky, Protein bars, Energy Bites, Dried fruit, boiled sweets, and crackers.

01926 492518

www.mytonhospice.org

   @MytonHospices

