



Clothing & Equipment List for hill walking - non-winter conditions

The list following is intended as a guide, to help ensure you enjoy your day in the Welsh mountains with us. If you have any questions, please call or email info@natureswork.co.uk

Conditions in the mountains and on the summits are significantly colder than people expect.

Please note, if in the opinion of your guide(s) on the day, you are not adequately clothed, we will direct you to the nearest outdoor store, otherwise we will be unable to take you into the mountains!

Essential clothing/equipment

- Waterproof jacket & trousers
- Walking boots
- Hat & gloves
- Daypack - *25-35 litres depending on how much stuff you want to carry*
- Food. *You will be burning off a lot of energy so bring plenty of food. Bananas, dried fruit, flapjacks & sandwiches are ideal*
- Water - *On hot days you can drink up to 2 litres of water*
- Flask - *On cold days a hot drink is warming and comforting*
- Personal medicines - *Inform your guide on the day of any medication you are taking*

Additional/useful items

- Walking socks
- Wicking base layer – *To be worn next to the skin and **should not be cotton***
- Mid layer - *Worn over the base layer, lightweight fleeces are ideal*
- Hiking trousers - *No jeans or jogging bottoms*
- Sun cream, glasses and hat
- Rucksack liner - *essential in wet weather. Rucksacks are not waterproof!*
- Walking poles

