

Snowdon Adventure challenge, kit list



The items listed below are purely recommendations. The list has been designed by the local ground handler and past challenge leaders; however, please take into account your personal preferences and common sense. We are open to further recommendations upon your return. See what you can borrow, and if you need to purchase any items, remember that you can get a discount on equipment and clothing from various well known suppliers and outdoor shops – for more information, please refer to the document “Kit Discount” which you will find in your member’s area in the “Challenge Pack” section once you have booked and paid your deposit.

If you would prefer to hire kit, please contact Outdoor Hire, a company specialising in the hire of top quality outdoor gear. They are working with Charity Challenge to provide all the kit you need for your challenge and offer a 10% discount to Charity Challenge customers who have booked onto one of our challenges. Simply obtain the promotional code by referring to the document “Kit Discount” which you will find in your member’s area, and then go to <http://www.outdoorhire.co.uk/charity-challenge/>, select the kit list for the challenge you have booked and follow the online instructions for how to hire the kit you need.

Try to use your equipment before you go – particularly your rucksack, boots and cycling kit– this will show up any manufacturing faults and whether they are comfortable enough. Good footwear and care of the feet is most important. Well broken-in walking boots should be worn on treks. Trainers are too flimsy for wilderness treks and trainer boots are not appropriate. Sandals leave the feet exposed to sunburn, abrasions, thorns, insect and animal bites.

Bring as little as possible but bring everything you need. Travelling light is much less of a hassle, so do not bring things you can do without. If you need to wear jewellery, keep it simple and inexpensive. The general rule is that if you don’t need it, don’t bring it. Always keep your night clothes in a watertight bag to ensure they stay dry if there is a sudden downpour or if you are crossing water – you will have a much better night’s sleep in dry clothing. Bring clothes that wash and dry easily (jeans, for example, take forever to dry and should not be worn on the trek).

Please note we strongly recommend you take the kit marked below. If you do not have suitable clothing for the conditions the leader has the right to send you back to the hotel.

Your Bike

For this challenge, you will need to bring your own bike. Ideally you will already be familiar with it by the time you take part in the challenge. In preparation for the event, and for your training, you must ensure that your bike is roadworthy. Have the bike serviced when you start training and again prior to the event. This will ensure that the bike is good enough to get you through your training and the challenge.

If absolutely necessary, bikes can be hired locally from Beics Betws Mountain Bike Hire: www.bikewales.co.uk. Tel: 01690 710766.

| item | take it? |
|---|----------|
| baggage | |
| Soft Bag to be left in support vehicle (maximum 30-35litre capacity) | Yes |
| Day rucksack (for sun cream, camera, waterproofs, water bottle, snacks, personal first aid kit etc) | Yes |
| clothing | |
| Water & wind proof jacket & trousers (with zips to go over boots) | Yes |
| Walking boots (sturdy well worn in canvas or leather boots) | Yes |
| Socks (woollen or wool mix, thick walking socks) | Yes |
| Long-sleeved shirt – quick dry thermal | Yes |
| Short sleeved shirt – quick dry thermal | Yes |
| Fleece jacket | Yes |
| Trousers (such as lightweight cargo trousers, no jeans for trekking) | Yes |
| Shorts | Yes |
| Wide brimmed sun hat | Yes |
| Warm fleece hat or Balaclava (windy on summit even in height of summer) | Yes |
| Shower proof gloves (windy on summit even in height of summer) | Yes |
| Underwear | Yes |

| | |
|--|----------|
| Set of evening clothes and shoes | Optional |
| Cycling Shorts | Optional |
| Swimming Costume or Shorts | Yes |
| Highly visible clothing for cycling | Yes |
| hygiene | |
| Toothbrush & toothpaste, soap (anti bacterial & bio-degradable), shampoo/conditioner (bio-degradable), lip salve with sun protection, antiseptic wipes, deodorant, toilet paper/tissues, sun cream | Yes |
| Razor & cream, sanitary products, shower gel, hairbrush/comb, vaseline | Optional |
| health | |
| After sun/moisturiser | Yes |
| Sun protection | Yes |
| documents | |
| Cash | Yes |
| Credit card | Optional |
| Travel insurance | Optional |
| other | |
| Snacks for duration of challenge (see Q&A for further advice) | Yes |
| Walking poles (great for the steep hills - recommended) | Optional |
| Camera & films/memory sticks/batteries | Optional |
| Trainers or cycling shoes | Yes |
| Sunglasses | Yes |
| Contact lenses/glasses (bring spare lenses and glasses) | Optional |
| Note book and pen | Optional |
| Watch | Optional |
| Alarm clock / watch | Optional |
| Head torch (hands free & spare batteries + bulb) | Yes |
| Water bottle (two 2 litre bottles minimum – platypus or equivalent are best) | Yes |
| Ear plugs & eye mask | Optional |
| Spare boot laces | Yes |
| Cycling Helmet | Yes |
| | |
| small first aid kit | |
| Pain killers/Paracetamol | Optional |
| Adhesive dressing (plasters) / Compeed blister pads | Yes |
| Antiseptic spray | Optional |
| Any medication you normally use | Yes |