



**Kit List of Brecon Beacons Weekend**

**House Kit**

Item	Quantity	Comments
Casual Clothing for the evenings	1 set	Remember some shoes
Personal Hygiene		Equipment to ensure dental & personal hygiene is maintained. That does not include makeup!
Medication		Any special medication you need.
Towel	1	

Leave the Walkmans, ipods & Gameboys at home please, but feel free to bring a book, although I've got some ideas for games in the evening!

Green school provides on loan

Yellow we have some basic equipment we can loan

White you provide



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**Walking Kit**

Item	Quantity	Comments
Food	1	Packed lunch for Fri. & nibbles to take you through to about 4p[m & tea & cakes.
Rucksack	1	Day sack, to hold your waterproofs, lunch & a jumper. Must have 2 shoulder straps.
Rucksack liner	1	Rubble bag or special dry liner for rucksack. No rucksack is waterproof. Don't forget to put your hat in gloves in a bag to, if they are not in the main section of your rucksack.
Waterproofs	1 jacket 1 trousers	Jacket to have an attached hood. Both garments to have taped seams and to be of robust construction. They need to be good heavy duty extreme weather garments. There is no shelter out there in those hills!
Gaiters	1 pair	Not essential but nice to have.
Warm headgear	1	Should cover ears and top of head.
Footwear	1 pair	To offer ankle support and have a Vibram-type sole. See handout on FEET (updated)
Gloves	1 pair	
Water bottle	1	Platypus type systems, are to be encouraged. Water bottles which you purchase bottled water of the shelf are insufficiently robust.
Whistle	1	
Survival bag	1	If you have one fine, if not don't worry
Flask	1	None essential but nice to have a warm brew up on the hills.
Reserve Food Pack	1	for emergency use only. <i>Recommendation:</i> to contain hot drink, high energy foodstuffs and to be wrapped separately from main food.
First Aid Kit	1	Useful but not essential, your own blister plaster are highly recommended.
Torch		Useful but not essential
Mobile Phone	1	Useful but not essential
SILVA type compass	1	<i>Recommendation:</i> base plate to be at least 10 cms.
1:25000 Map	1	If you want to purchase your own laminated map of Brecon Beacons 1:25,000. please do. I'll be printing out little A4 sections of the areas we are going to walk in



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**Walking Clothing**

<b>CLOTHING</b> (one set is worn, the other carried in the rucksack, a compression sack is useful to get them packed small)		
Socks	2 pair	High quality walking socks are essential. see handout on 'FEET' (updated)
Base layer	2	Wicking type preferred; Cotton T-shirt is not suitable for base layer.
Shirt	2	Long sleeved, with a colour to protect the back of you neck are good. Thin fleece's work well
Trousers	2 pair	Which split to make shorts are useful. Definitely not jeans or other cotton based trousers or tracksuit bottoms. Ideally robust and wind proof. X-Army style light-weight green trousers are fine. Tracksters will ONLY be acceptable if EACH pair is accompanied by a set of thermal trousers.
Fleece Jacket or jersey	2	2 lighter jerseys or "fleece jacket". They don't need to be anything fancy a £5 thick fleece from Tesco's is fine.
<b>We will keep the spare stuff back at the house.</b>		