

Preparing To Climb Snowdon

What To Pack: A Checklist

Base layer or T-shirt	Opt for moisture-wicking materials to keep you dry
Walking trousers	Non-cotton, quick-drying fabrics are best
Fleece or down jacket	For warmth, especially at higher altitudes or during breaks
Waterproof jacket and trousers	Essential for unpredictable weather
Warm hat and gloves	Even in summer, it can get chilly at the summit
Proper hiking boots	Ensure they're well-fitted and broken in to prevent blisters
Hiking socks	Specific socks designed to reduce friction and provide comfort
Rucksack	A 20-35 litre capacity should suffice for carrying your gear
Hydration bladder or water bottles	Staying hydrated is crucial
Sunglasses and sun hat	To protect against sun exposure
Walking pole/s	Can aid balance and reduce strain on knees during descent
Map and compass	Even if the path is well-marked, these are important for navigation
Sunscreen	To protect your skin from UV rays
Hypothermia Prevention Poncho or Emergency Blanket	In case one of the group has an accident, preventing hypothermia can be life-saving

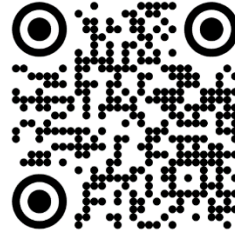
More information...

About climbing Snowdon



<https://bit.ly/climbing-snowdon>

About preventing hypothermia



<https://bit.ly/hypothermia-prevention>