

KEEP IN TOUCH

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07525 625375

hello@breeseadventures.co.uk

breeseadventures.co.uk



Tailored Adventures
Guided Walks
Charity Challenges



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WATER & SNACKS



**You will need to carry a minimum of
1 LITRE of WATER.**

We aim to make all of our events single-use plastic free so please bring refillable water bottles where possible.

HIGH ENERGY SNACKS

Such as Nuts, Flapjacks, Banana, Jaffa Cakes, jelly Babies.

Please make sure all litter (including fruit peelings) is brought off the mountain with you.

We support
[#PlasticFreeSnowdonia](https://www.instagram.com/PlasticFreeSnowdonia)

KIT LIST



This is a recommended kit list for our

MOUNTAIN CHALLENGES

It will give you some idea of what to wear and/or carry.

It is not considered inclusive.

**If you have any questions about this
Kit List please contact us.**

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TO CARRY



Rucksack

With waterproof cover or with items in 'dry bags'
Your Rucksack should be well fitting and just big enough to carry:

ESSENTIAL

Water

Head torch (& spare batteries)

(sunrise/sunset/moonlight walks)

Food

A packed lunch and a selection of fruit and high energy snacks to keep you going.

Spare Layers

Waterproofs

Hat/Gloves/Suncream/Sunglasses

Depending on the season/weather

OPTIONAL

Walking Poles

If you are used to using walking poles you might find these useful

First Aid Pack

Blister plasters, tissues and painkillers

Camera/Mobile Phone

Spare Clothes

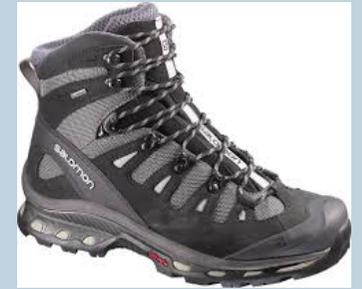
To travel home in incase you get wet!

TO WEAR

FOOTWEAR

A good pair of walking boots with ankle-support is essential. These should be a pair which are 'worn-in' and preferably waterproof. Inside you'll need a well fitting pair of good quality socks and a spare pair in your bag (optional).

If you need new boots we recommend the boot-fitting service at Cotswold Outdoor. Get them in plenty of time to test them out before the day!



TROUSERS/SHORTS

Remember you will be wearing these all day so try and wear something which is light and comfortable. Lycra running bottoms are ideal, as are lightweight walking trousers.

Jeans or heavy tracksuit bottoms are **NOT suitable** as they get very wet and don't dry off very quickly.



TOPS/JACKETS

2 or 3 layers of comfortable lightweight tops.

1. wicking' base layer (not cotton)
2. warm jacket or fleece
3. waterproof jacket

You may also want to carry another spare layer (or 2) in your bag. **The temperature at the top could be 10 degrees colder than when you set off!**



WATER PROOFS

A good set of waterproofs is **ESSENTIAL**. They should be able to withstand (and keep you dry in) 7-8 hours of wind and rain if necessary.

Safety is our utmost priority and our leaders may have to make the decision to not let you take part in the challenge if their opinion is that the safety of you and the group is compromised due to insufficient or unsuitable kit.

