



**WILD WALES**



# MOUNTAIN WALKING WHAT TO BRING

Bring anything you like, anything that makes you feel happy, safe, warm and comfortable. The list below is for guidance only.



## HIKING

Hiking boots or sturdy trainers  
Waterproof jacket and trousers  
A backpack. Water and snacks  
Warm layers.

## OTHER STUFF

Depending on the weather...  
Warm hat and gloves.  
Sun cream and sun hat  
A thermos. A camera.  
Walking poles.

## OTHER STUFF

Any personal medication  
A waterproof phone case  
A swimming costume (if you fancy it)



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