



Ascent Joining Instructions

Individual Kit- each individual must bring the following:

- Backpack
- Walking boots/shoes - well worn in!
- Waterproof jacket and trousers
- Warm hat (cap or sun hat additional and optional)
- Sun Screen
- Gloves
- Walking socks - thick wool/cotton socks are best
- 2 layers of clothing, i.e. t-shirt/thermal top or fleece
- Extra sweatshirt
- 1 pair long trousers (not jeans)
- Personal food for the whole day (energy snacks, chocolate, nuts, dried fruit etc.)
- Personal medication as necessary
- Whistle
- Torch (with spare battery and bulb)
- Watch
- Mobile telephone (which works at the top of Snowdon!)
- Water - 2 litres minimum
- Plastic bags to put your valuables in, otherwise they may get soaked. Resealable sandwich bags are good for phones, cameras, money etc.

The hotel will provide us with a packed lunch for the Saturday and Sunday, there are also many shops in Llangollen where you can buy supplies for the weekend.

Contact numbers for the weekend:

Peter Freeth	07733 334531
Clay Lowe	07790 909505
Ty'n y Wern Hotel, Llangollen	01978 860252
Wild Pheasant Hotel, Llangollen	01978 860629