

CYNEFIN QUEST

North Wales Outdoor Kit Checklist

A simple starter checklist for guided walks, family adventure days and beginner-friendly outdoor experiences. Final kit requirements depend on weather, activity, route and group needs.

Clothing

☐ Waterproof jacket
☐ Waterproof trousers if forecast is wet
☐ Warm layer or fleece
☐ Spare warm layer
☐ Hat and gloves in cooler weather
☐ Suitable walking trousers or leggings
☐ Avoid jeans for mountain days

Footwear and bags

☐ Walking boots or sturdy trail shoes
☐ Small rucksack
☐ Dry bags or plastic bags for spare layers
☐ Comfortable socks plus spare pair

Food and drink

☐ Water bottle or hydration bladder
☐ Packed lunch for full days
☐ Snacks that are easy to eat on the move
☐ Hot drink optional in colder weather

Personal items

☐ Any personal medication
☐ Sun cream and sunglasses
☐ Phone in a waterproof bag
☐ Small personal first aid items if needed
☐ Headtorch for longer days or winter timing

Useful extras

☐ Map and compass if practising navigation
☐ Camera
☐ Sit mat
☐ Power bank
☐ Small notebook

Children and families

☐ Extra snacks
☐ Spare gloves/socks
☐ Warm layer for stops
☐ Any comfort items needed for the day
☐ Legal guardians must accompany children at all times

Weather note: mountain weather changes quickly. Check a specialist forecast, carry spare warmth, and have a lower-level backup plan.

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