

Essential kit to carry/wear on event

Welsh mountain weather can be extreme and variable, including in summer. This means the right kit is essential for hill safety - for you and for the whole group.

You will need to come prepared with all the items on the Essential Kit List.

We WILL check, and if you don't have them you won't be able to participate.

If the expense of kit is an issue for you, get in touch with Maitrisiddhi (publicity@taraloka.org.uk) – we can probably ask around and loan you most items.

Essential Clothing: NOT COTTON. Cotton soaks up water and makes you cold. Don't wear it!

- Waterproof walking boots (NOT shoes or trainers; worn in not new. We will be crossing bogs!)
- Waterproof jacket with hood, reasonable quality not Pac a Mac style. Check it actually is waterproof. Get in your shower to test it – Maitrisiddhi is not joking!
- Waterproof trousers
- Synthetic fibre trousers (eg: running leggings or hiking trousers, NOT jeans, cotton leggings or cotton tracksuit trousers)
- 2 x warm layers eg: fleece, padded jacket (NOT cotton). You will get colder than you think doing pujas up a mountain.
- 1 x mid layer eg: thin fleece or baselayer (NOT cotton)
- Synthetic/wool T shirt or vest (NOT cotton)
- Hiking socks (NOT cotton)
- Gloves (yes even in summer)
- Sunhat (yes even if you 'never wear one')
- Warm hat (yes even in summer)

Essentials to Carry:

- Hiking Backpack (30-40 litre size)
- Backpack raincover OR two 'lifetime' carrier bags to double-wrap your dry clothing/ other stuff
- Water containers (bring enough to carry 2 litres minimum)
- Food & hill snacks (eg: sandwiches/pasta salad, cereal bars, dried fruit, nuts. Protein and complex carbohydrates best.)
- Toilet paper and small plastic bag to take your used toilet paper home in
- Head torch – as we may be out after dark.
- Emergency whistle

- Blister plasters and/or personal first aid you often need
- DONT FORGET any medication, asthma inhaler etc

Suggested kit:

- Walking poles – good for balance on uneven ground / steep slopes. Advisable if you have any weak/sore joints
- Hot drinks flask
- Gaiters (very good idea – lots of bog!)

Optional kit :

- Sunglasses
- Shorts / Shirt with collar - if hot
- Thermal underwear – if cold
- Insect repellent for campsite

The team will bring communal sunscreen & midge repellent, and a group first aid kit.

Essential kit for back at base:

- Entire change of clothes including something warm
- Anything additional you want to eat/drink that Taraloka is not bringing (see below).
- Torch
- If camping: all your own camping kit.
- If in bunkhouse – own bedding
- Plate, bowl, mug, cutlery.

Taraloka will provide:

- 2 evening meals
- muesli
- oat & soya milk
- redbush tea
- normal tea
- fruit
- camping stove and kettle for hot drinks for everyone

Please bring your own packed lunch and hill snacks for event.