

## **Snowdon & SUP Yoga**

### **What kit do I need to bring?**

- A good 20/40Ltr Rucksack
- A good pair of worn in walking boots & proper walking socks
- Warm waterproof jacket (with hood) & trousers (allow the knee to be lifted without restriction)
- Suitable clothing e.g.: base layer top, skins, light fleece or wool jumper, trousers
- Clothing for the pub
- Woolly hat & scarf
- Cap for sunny days
- Super stretchy clothing and swimsuit
- Towels
- Sunglasses with glasses strap or string
- Fingerless cycling gloves or neoprene gloves
- Small cushion or travel pillow for comfort
- Personal medication if any
- 2 full 1 Litre reusable water bottles
- Wash kit
- Suncream & lip balm
- Insect repellent
- Book or playing cards