



Clothing and Equipment Advice for
Warm Weather Walking and Scrambling



WELCOME

SECTION

01

Uk mountain walking and scrambling during the summer months is unpredictable owing to our everchanging weather. North Wales is surrounded by coastline which brings warm, damp air in off the sea. This damp air collides with the mountains and is driven higher into the atmosphere to create rain. The weather in the mountains of Snowdonia is changeable, and it can change rapidly!

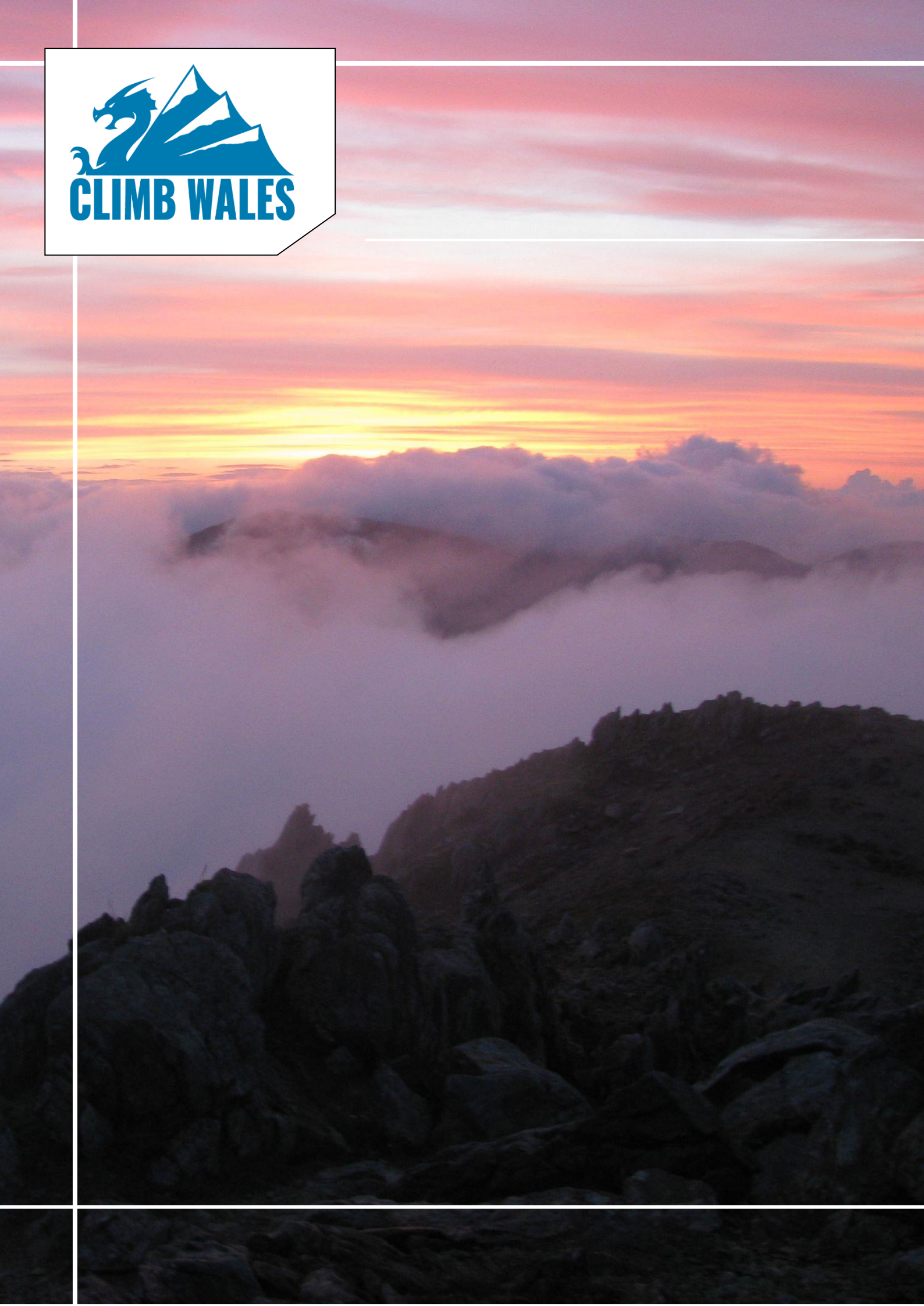
Whilst our expert guides will keep you safe on the hill, this brochure will help you to get prepared for the challenge ahead.

On the back page you will find details on how to hire clothing and equipment should you need to.

We look forward to welcoming you to the hills and having a fantastic and memorable day out.

Get ready for your next adventure!

The Team @ Climb Wales



CLOTHING

SECTION

02

LAYERS

In terms of clothing, many thin layers are better than one thick layer, particularly in the summer.

Avoid cotton at all costs (Cotton retains moisture) and instead go with synthetic materials with wicking properties to draw moisture away from the skin. This is important in the winter where moisture will freeze solid, but also during the summer when we perspire more.

FEET

Given the rocky terrain in the mountains of Snowdonia, we recommend wearing boots. Boots need to be worn-in: when going on a big trip, you shouldn't be wearing a new pair of boots for the first time.

For scrambling, boots with a stiff sole will make it easier to stand on small foot holds. However, stiffer soles make walking more uncomfortable, so for longer walks you should have a soft boot. Finding the right balance is largely personal preference.

Blisters can absolutely ruin a day in the hills. To avoid this, your boots should have a tight enough fit that your feet can't move around in them yet have plenty of room for your toes. Pay particular attention to your heel; when walking, make sure your heel doesn't slide up and down.



On longer excursions, such as the Welsh 3,000s, you may wish to bring a second pair of boots or trainers which you can change into in case one pair gets wet, or if your feet start to hurt. Let us know that you've brought additional footwear and we can make sure that they're waiting for you at the rest stops.

LEGS

Keep away from cotton or denim trousers. Joggers, Leggings and Jeans for example should all be avoided. Opt for a good pair of walking trousers instead.



During the summer months, avoid walking trousers which have a fleece liner. You may wish to consider a pair of trousers where the bottom half of the legs zip off to create shorts.

In addition, you should also carry a pair of waterproof trousers. For regular use, you'll want a pair with zips that extend the whole way down the leg as this makes it far easier to get them on and off whilst you're out on the hill.

They should also be "breathable" to let the condensation from your body or our trousers escape. For occasional use, a cheap pair will do, but expect to get quite sweaty inside them.

A pair of waterproof trousers makes a great backup during the summer not only when it rains, but also when the wind picks up or the temperature drops.





TORSO

Getting the torso right is the most important part as this is where all your internal organs are.

Again, your best bet here is to opt for several thin layers rather than one thick layer as this will make it easier to manage your temperature regardless of what the weather does. Your typical thin base/thermal layers are great.

On top of your base layers, (avoiding cotton again) you should have a fleece jumper. We also recommend carrying a spare fleece jumper in your rucksack. Fleece is a very light material so having a spare adds very little weight to your kit.

In terms of coats, a water and windproof (Goretex etc) coat is a must. A hood with draw-strings is better than one without, and a cap or visor can help to keep the rain off your face.



The waterproof coat will keep the wind and rain off without making you too warm.

Depending on the time of year, you may also wish to carry a gilet or “body warmer” in your bag.

HANDS

Hands are of far less concern during the summer months and it is rare that gloves will be needed.

HEAD

A hat is a must during the winter, but in the summer months a hat can be equally as important to keep the sun off your face and head.

A light hat which is breathable and has some type of brim is best.

Owing to the long days spent out in the sun, we recommend the use of sunglasses. Which sunglasses you choose is largely personal preference.





FOOD

SECTION

03

What food you take comes largely down to personal preference and dietary requirements, however, there are some general tips you should follow.

Ideally, you want a mix of fast burning (sugary), and slow burning (carbohydrates) foods.

Fast burning foods can be absorbed quickly by the body and can give you a short “boost” when you’re feeling fatigued. They’re useful for getting you up that really steep bit of hill. Fruits, dairy products, honey, maple syrup, candies and cakes are all examples of fast burning foods.

Slow burning foods take longer to be absorbed by the body so will slowly release their energy over a longer period of time. To avoid spikes in your energy levels, you should mostly be consuming slow burning foods. Starches and fibres, such as wheat products (bread, pasta etc), beans, nuts and root vegetables (potatoes etc) are all examples of slow burning foods.

The act of digesting food requires oxygen, so eating a large meal before tackling a big hill can starve your muscles of the oxygen they need (This is why you can feel lethargic after a big meal). On a big hill-day you should aim to have a hearty (slow burning) breakfast and give your body plenty of time to start digesting this before you start the walk.

Whilst on the hill, several (or many) snacks are far better than one big meal. Making fast burning (sugary) snacks easily accessible (in a pocket or hip pouch) is helpful. You’ll often see us reaching into a pocket for a Jelly Baby. As stated though, slow burning foods should make up the bulk of your energy source.

WATER

Sunstroke, overheating, and Hyperthermia are real risks and shouldn't be underestimated. In the summer, 2 litres of water is considered a minimum for a big hill-day.



Sipping at water throughout the day is far better than going for long periods without water and then drinking a large quantity.

For this reason, the more accessible your water is, the better. A water bladder (Hydration Bladder / Backpack reservoir / Camelbak) has a straw which reaches over your shoulder and allows you to sip at your water whilst you walk. This is usually better than a water bottle which can be difficult to reach.

Sports drinks can be helpful to provide energy and replace electrolytes. You shouldn't rely too heavily on these though and water should make the bulk of your liquid intake.

It can be beneficial to add a small amount of energy drink to the water in your water bladder, as this gives you greater control over your sugary drink vs plain water intake. The water bladder pictured above has two separate compartments; one for water, and a smaller one for a sugary drink.





OTHER

SECTION

04

ALCOHOL / DRUGS

We have a strict no drug or alcohol policy.

CLIMBING EQUIPMENT

Helmets, Harnesses, Ropes etc.

So that we can ensure the safety of our customers, we only use our own climbing equipment. If any climbing equipment is required for the activity then your instructor will provide these. If you have your own climbing harness, then these can sometimes be used following an inspection by your instructor.

HEADTORCH

Given the long days in the summer a headtorch is only needed for longer walks, such as the Welsh 3,000s, as we often start the walk during the early hours of the morning whilst it is still dark. You may wish to consider carrying spare batteries, or better yet, a spare headtorch!

INSECT REPELLENT

By far the most annoying insect in the hills of Wales in the midge. Midges are similar to mosquitos but smaller. They are usually found near ponds, streams and marshlands where they lay their larvae. They prefer warm days with little wind. In the summer they can appear in large swarms. A small bottle of insect repellent can make a big difference to your comfort levels. Other insects to be mindful of include wasps, bees, and in particular, ticks.

MAP & COMPASS

If a map and compass is required then your instructor will provide further details.

MEDICATION

Obvious things to consider are, for example, inhalers for people with asthma, insulin for people with diabetes, or EpiPens for people allergic to insect stings. This will be different for everyone and it's likely that if you have a medical condition, then you will have a better understanding of it than your instructor. If your instructor has any concern as about a medical condition then this will be discussed with you before the course.

PAIN KILLERS

If you haven't done much mountain walking recently, then you might find that your joints ache, particularly on the way back down. As first aiders, our instructors are not permitted to dispense pain killers so we recommend bringing your own. A pain killer with an anti-inflammatory property, such as paracetamol or ibuprofen, is beneficial for sore joints. The type which can be found as a gel can be useful as it can be applied directly to the offending joint.

SUN BLOCK

Sun block is particularly important in the summer, especially on longer excursions where long periods are spent without any respite from the sun. A small, travel bottle is best. Sun block can run into the eyes and cause stinging, so we recommend wearing a hat to protect the top of the head.

WALKING POLES

Walking poles can be very useful, particularly if you are unfit or are prone to pain in the lower body.

Poles with quick-release mechanisms are better than the twist-lock type (Which are prone to becoming stuck).





RUCKSACK

SECTION

05

A rucksack is an absolute must have item for venturing into the mountains. You'll need it to carry spare clothing, food, water, and any other equipment you take with you.

In terms of size, 35 litres is the most versatile and gives a good compromise between capacity and size/weight.

So that your drinking water is accessible, you will want to make sure the rucksack has a hole at the top which allows the straw from your water bladder to pass through.

You will also want to make sure the rucksack has good airflow around your back. Some rucksacks use a mesh system which lifts the rucksack away from your body to allow air to circulate.



The main thing to consider when choosing a rucksack though is comfort and it's best to try them on in a shop. Rucksacks come in many different shapes and sizes and the store assistant will be able to help you choose one which compliments your body.



KIT HIRE

SECTION

06

If you need to hire any of the equipment mentioned in this list, there is a curated list at:

<https://www.outdoorhire.co.uk/warm-weather-scrambling-kit-list/>

Outdoor Hire provide quality equipment at fair prices. And what's more, Climb Wales customers can use the code CWOH966 to get a further 10% discount off the hire costs.