

Wales

7 Summits Challenge

Packing List

Footwear

- Robust hiking boots with good tread (well broken-in)
No trainers on this trip.

Clothing

- Waterproof jacket (helmet-compatible hood preferable)
- Waterproof trousers
- Wicking base layer warm
- Mid-layer (fleece or light synthetic), spare warm layer
- Hat, buff, and two pairs of gloves (one spare dry pair)
- Hiking trousers (no jeans/cotton)

Seasonal/route-specific notes

- Late May can still be cold/wet on ridges; pack warm layers.
- Light scrambling and sustained rocky terrain on CMD Arete: good boots essential.

Safety

- Head torch with fresh batteries
- Personal first-aid and blister kit
- Emergency bivvy/survival bag and whistle
- Fully charged phone in waterproof pouch; power bank Navigation
- Map (OS Landranger 41/50 or Harvey maps) and compass (guides will lead; this is a resilience backup)
- Water 2–3 L total capacity (bottles or bladder)
- High-energy personal sugary snacks for long days.

Other

- Sunscreen, sunglasses, lip balm; personal meds; cash/card for meals
- Travel towel (hostel towels may be hired)