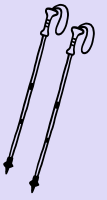




WALES HIKING GEAR CHECKLIST



Perfect for Snowdonia, Brecon Beacons, Pembrokeshire & beyond
www.wanderingwelshgirl.com



Core Hiking Essentials

- ☐ Hiking boots (broken in)
- ☐ Hiking socks (moisture-wicking)
- ☐ Moisture-wicking base layers
- ☐ Hiking pants or shorts (convertible recommended)
- ☐ T-shirt (non-cotton)

Backpack & Storage

- ☐ Backpack (appropriate size for the hike duration)
- ☐ Rain cover for backpack
- ☐ Dry bags or zip-lock bags (for electronics and valuables)

Navigation & Safety

- ☐ Map (waterproof)
- ☐ Compass
- ☐ GPS device or smartphone with GPS
- ☐ Whistle
- ☐ Headlamp or flashlight (with extra batteries)
- ☐ First-aid kit (comprehensive with emergency contact info)

Food & Hydration

- ☐ Water bottles or hydration reservoir
- ☐ Water filter or purification tablets
- ☐ High-energy snacks (energy bars, trail mix, nuts)
- ☐ Lunch (sandwich, wrap, etc.)

Weather Protection & Comfort

- ☐ Waterproof jacket
- ☐ Waterproof pants
- ☐ Warm hat &/or sun hat
- ☐ Gloves or mittens
- ☐ Sunglasses
- ☐ Sunscreen (yes even in Wales)
- ☐ Insect repellent

Optional But Recommended

- ☐ Hiking poles
- ☐ Camera
- ☐ Binoculars
- ☐ Portable charger for electronic devices
- ☐ Book or e-reader
- ☐ Sit pad or small folding chair

Just in Case

- ☐ Duct tape (**pro tip**: tape some around your hiking pole!)
- ☐ Knife or multi-tool

- ☐ Fire starter
- ☐ Emergency shelter (bivy sack or tarp)
- ☐ Extra food and electrolyte tablets

Summary

This checklist provides a comprehensive guide for packing for hiking trips in Wales, especially in areas like Snowdonia, Brecon Beacons, and Pembrokeshire. Remember to adjust the list based on the specific hike, weather conditions, and personal needs to ensure a safe and enjoyable experience.