

Kit List Adult Brecon Mountain trip 6th - 8th Feb 2026

Sleeping Bag

Bed Mat, Blow up Bed, 4 poster bed!!!!!!

Christmas PJ's

Shoes for inside Hut

Wash Kit (mini bar of soap, toothbrush, comb not brush etc.)

Ear Plugs, Book

Clothing for night time pub meal

Dry clothes for next day & Going Home

Food or midday on hills Snacks, Sandwiches, (Mix of Friut, nuts, jelly Babies) Energy bars

Walking Boots (broken in)

Walking Socks (Woolen & thick) + Socks

Walking Trousers (not jeans,)

T-shirts (ideally quick wicking)

Mid Layer – microfleece or similar

Wear Extra Layers

Waterproof Jacket & trousers

Warm hat and gloves + Spare set in Rucksack

Rucksack for spare clothes & Sandwiches

Water Bottles / Hydration sack (2 litres minimum)

Flask for hot drink (Not Hip Flask!!!)

Whistle

Torch and spare batteries

Personal First Aid Equipment (e.g. painkillers) & Medication

Survival Bag (orange sack) around £4

Compass if you have one

Food and Emergency Rations (high energy food) e.g. Chocolate bars, raisins, dried fruit, Kendal mint cake, boiled sweets. (To be eaten when you get off the hills!!!)

Phone in Plastic Bag (With battery pack and charging lead)

Walking Poles

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