

## SABRINA WALKS - EQUIPMENT LIST

***WALKERS ARE ADVISED TO CHECK WEATHER FORECASTS FOR LLANIDLOES (SY18) BEFORE ARRIVING FOR THE WALK.***

The following items are essential and **COMPULSORY** (there will be random equipment checks at commencement of walk)

- ✓ Sturdy walking boots/shoes
- ✓ Comfortable socks (thin and thick pair)
- ✓ Copy of Sabrina/Semi Sabrina route narrative (as sent to you - spares available on the day)
- ✓ Personal medical kit, including blister treatment
- ✓ Waterproof jacket/cagoule
- ✓ Minimum 1 litre water container (bottle, bladder, or similar)
- ✓ Whistle (6 blows to call for help)
- ✓ Nutrition for the duration of your walk
- ✓ Daysack or similar to carry the above kit

The following items are **advisable**:

- OS Explorer 214 map covering the route\*
- Map Compass\*
- Waterproof trousers
- Sun/rain hat
- Appropriate Sunscreen
- Map case
- Mobile phone (useful but limited coverage for much of the walks)

If you wish to purchase your equipment through Sarn Sabrina please contact: Llani Leisure, Long Bridge Street, Llanidloes, SY18 6EE, [shop@llanileisure.co.uk](mailto:shop@llanileisure.co.uk)