



Essential Kit for Your Latch Gower Coastal Path Walk

This September, Latch Welsh Children's Cancer Charity is inviting supporters to take on an unforgettable adventure, a **Gower Coastal Path Hike**, walking along one of Wales' most beautiful coastlines, in support of children affected by cancer.

Taking place on Sunday 13th September, this unique challenge offers participants the chance to experience the Gower Peninsula with three different ways to take part (24, 12 or 3-mile distance options), all while raising vital funds to ensure Latch remains here for families affected by childhood cancer in Wales.

To help you get started on your journey, we've created a list of EverTrekker essential gear to ensure you bring enough to stay comfortable and have peace of mind.



Essential Documents and Trekking Equipment



Essential Documents - Health & Safety Form

There are a few pieces of info we need from you **BEFORE** the weekend that will be sent via email - no need to bring this but please do fill this out well in advance of the trip date as this is vital to you taking part.



Trekking Equipment

- ☐ **30L Day Pack**
A sturdy, well-fitting pack for your daily essentials.
- ☐ **Dry Bags / Rucksack Cover**
Waterproof linings are essential to protect against the downpours.
- ☐ **Trekking Poles**
Helpful for balance and support on rocky or uneven terrain – and for dramatically pointing the way, like you're in a documentary.



Clothing & Footwear



Trekking Clothes

- ☐ **Base Layers**
(1x Top and 1x Bottom) – Choose warm and cold weather base layers with moisture-wicking materials like merino wool. Include thermal base layers for both top & bottom.
- ☐ **Mid Layer**
1 x Insulated Fleece - Provides warmth from the sea breeze.
- ☐ **Outer Layer**
1x Insulated Down Jacket - Provides warmth from the wind when stopped.
- ☐ **Waterproof outer Layer**
(1 x Waterproof Jacket and Trousers) – Protect yourself from rain and wind with breathable waterproof gear.
- ☐ **Trekking Trousers/Shorts**
Opt for lightweight, quick-drying trousers for comfort and ease of movement. Zip-off trousers work well to swap between trousers and shorts, depending on the weather.
- ☐ **T-Shirt**
Moisture-wicking t-shirt to keep dry.
- ☐ **Underwear**
Quick drying, moisture wicking materials like merino wool.



Accessories & Footwear

- ☐ **Hat**
Protect your head from the sun during the day and keep warm at night.
- ☐ **Gloves**
Keep your hands warm in cooler weather.
- ☐ **Neck Gaiter/Scarf/Buff**
Use for warmth or sun protection during the trek.
- ☐ **Socks**
Ensure your socks are moisture-wicking to prevent blisters.
- ☐ **Hiking Boots**
(Broken In) – Comfortable, durable boots are a must. Ensure they have good ankle support.
- ☐ **Gaiters**
(Optional) – Protect your legs from stones and debris.



Sleeping Gear & Hydration



Food & Hydration



Food

Meals are not included on this trip, so please ensure you bring enough food and snacks for the trail. High-energy options such as sandwiches, wraps, trail mix, and energy bars work best to keep you fuelled throughout the day.



Water Bottles or Hydration Bladder

(2-3 Litres Capacity) – Stay hydrated with sufficient water storage.



Electrolytes

You'll find these in drinks, fizzy tablets, gels, powders, snacks and even raw foods such as bananas.



Power Bank

Ensure you can charge your devices on the go.



Sense of Humour

Trust us – it's just as essential as your down jacket. When you're halfway up a never-ending hill, legs burning, lungs working overtime, and the clouds roll in sideways, a good laugh can go a long way.



Personal Care & Safety Items



Sun Protection

- ☐ **Sun Screen**
(**High SPF 50**) – Protect your skin from the sun.
- ☐ **Lip Balm**
(**With SPF**) – Keep your lips moisturised and protected.
- ☐ **Trekking Hat (Sun Protection)**
A hat for extra sun protection during the day.
- ☐ **Sunglasses (UV-Protected)**
Protect your eyes from the sun's glare.



Toiletries & Hygiene

- ☐ **Hand Sanitiser**
Maintain hygiene on the go.
- ☐ **Zip Lock Bags**
Keep the mountain tidy with these handy bags for all your rubbish.



Health & Safety

- ☐ **Personal Medications**
Remember to bring any prescription medications.

Don't forget pain killers & tiger balm for those aching muscles.
- ☐ **Insect Repellent**
(**Optional**) – To ward off insects during your trek.

Take it one step at a time, look after yourself on the trail, and remember – it’s not about packing more, it’s about packing right.

Start your epic journey today!