



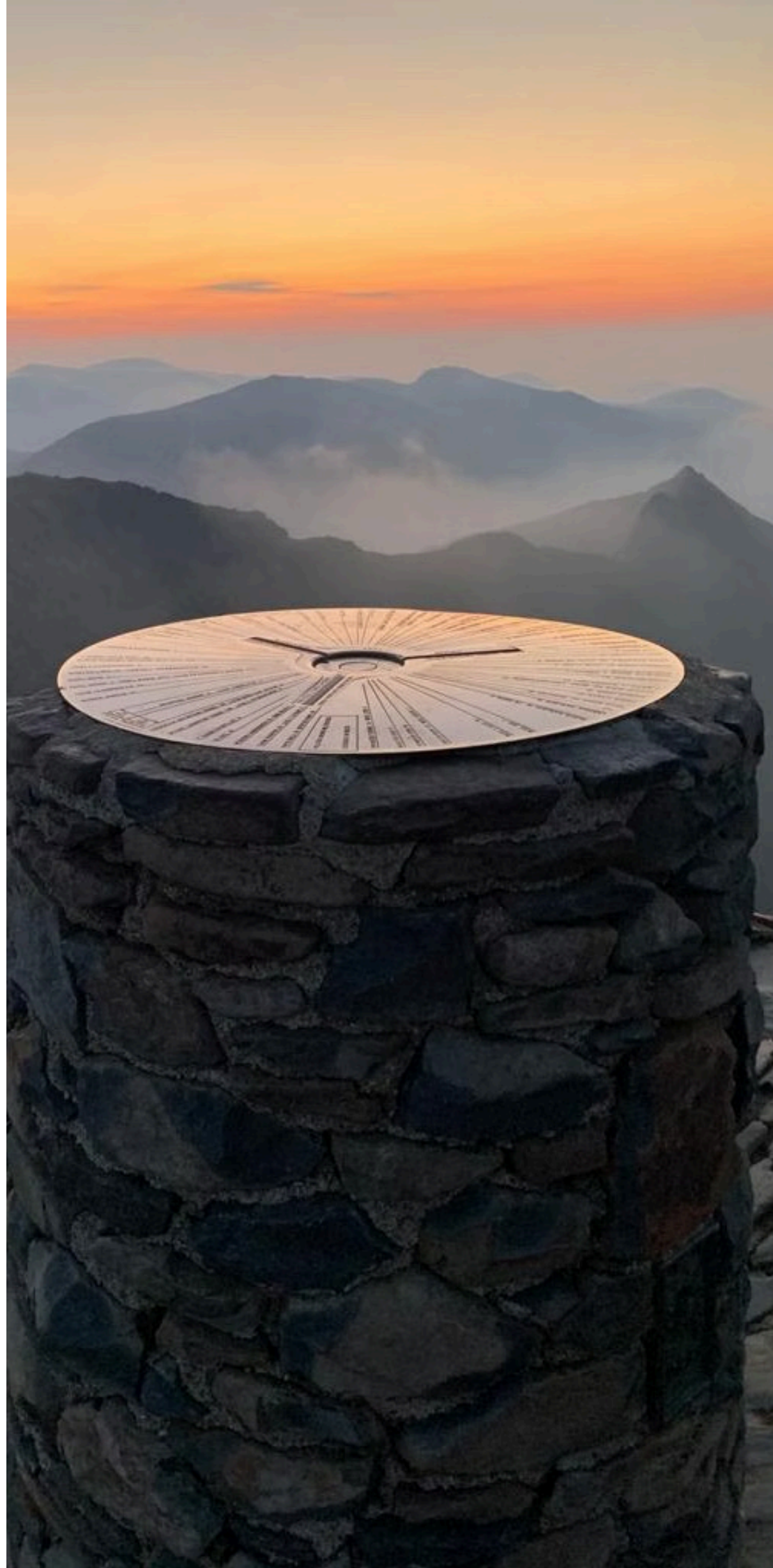
Essential Kit for Your Latch Snowdon (Yr Wyddfa) Sunrise Hike

This September, Latch Welsh Children's Cancer Charity is inviting supporters to take on an unforgettable adventure, a **Snowdon (Yr Wyddfa) Sunrise Hike**, climbing Wales' highest mountain in support of children affected by cancer.

Taking place overnight on **Friday 18th into Saturday 19th September**, this unique challenge offers participants the chance to experience Snowdon under the stars and witness sunrise from its summit, all while raising vital funds to ensure Latch remains **here for families affected by childhood cancer in Wales**.

Participants will arrive on the **evening of Friday 18th September**, gathering together at a **bunkhouse near the foot of Snowdon (Yr Wyddfa)**. After bedding down early, walkers will set off in the **early hours of the morning**, reaching the summit in time to watch the sun rise over the mountains of Eryri, a powerful, reflective moment during Childhood Cancer Awareness Month.

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 at distant peaks like you're in a documentary.
- Head Torch**
A lightweight head torch is needed to light the way as you climb through the night to the summit. Make sure you've got a spare set of batteries just in case!

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 at higher altitudes.
- Outer Layer**
1x Insulated Down Jacket - Provides warmth at higher altitudes.
- Waterproof outer Layer**
(1 x Waterproof Jacket and Trousers) – Protect yourself from rain and wind with breathable waterproof gear.
- Trekking Pants/Trousers**
1 x Trousers Opt for lightweight, quick-drying trousers for comfort and ease of movement.
- T-Shirts**
(Moisture-Wicking) – moisture-wicking t-shirts to keep dry.
- Underwear**
Quick drying, moisture wicking materials like merino wool.



Accessories & Footwear

- Hat**
(Warm Hat for Ascending Overnight, Sun Hat for Descending in Daytime) – Protect your head from the sun during the day and keep warm at night.
- Gloves**
(Insulated) – 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.
- Crocs / Sandals / Casual trainers**
For relaxing at the bunkhouse.
- Gaiters**
(Optional) – Protect your legs from stones and debris.



Sleeping Gear & Hydration



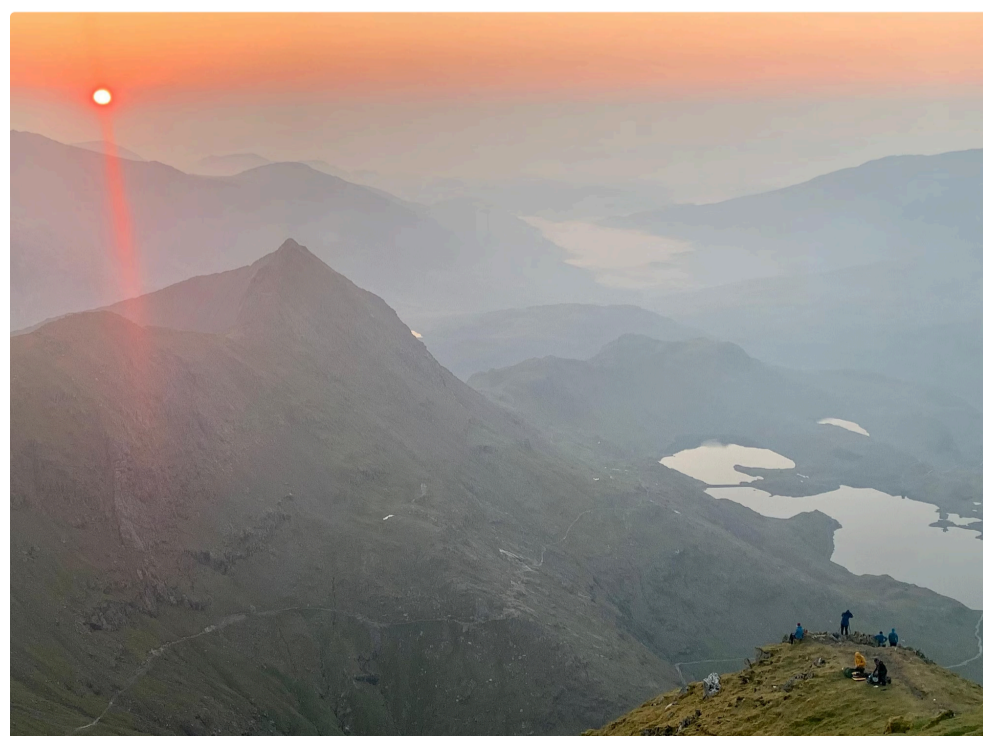
Overnight Gear

- Bedding Provided**
- Towel**
(Quick-Dry, Compact) – A small, fast-drying towel is a handy essential.
- Ear Plugs**
Useful for sleeping in shared dorms or shelters – because not all snorers come with an ‘off’ switch.
- Sleeping Mask**
(Optional) Get a good nights sleep



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 strong mountain 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.
- Personal hygiene products**
Toothbrush and toothpaste, Travel-size shower gel or soap, Small towel



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, a possibility in the early morning hours as the sun comes up.

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!