SEVEN SUMMITS SERIES

Seven Summits, Seven Trials, One Goal

BLACK MOUNTAINEERING

ONE LEGENDARY WELSH ODYSSEY

WALES

7 SUMMITS

Snowdonia · Tryfan, the Glyders & Yr Wyddfa · Moel Siabod

GEAR LIST



ONE EXPEDITION. ONE TOKEN.

Complete this expedition to earn the Wales piece of the Seven Summits Medallion.

LOCATION WALES	**DURATION** 4 DAYS	**ROUTE** SNOWDONIA
GRADE STRENUOUS	**ALTITUDE** 7 SUMMITS	**DAILY ACTIVITY** 8 HOURS

MANDATORY EQUIPMENT & LAYERING CHECKLIST

Welsh mountain weather is highly changeable and the ridges can be cold and wet. Light scrambling and sustained rocky terrain on steep ground make robust, well broken-in boots essential: no trainers on the hill.

All mandatory equipment must be expedition quality, fit correctly and have been tested before departure.

01 | BUNKHOUSE SLEEPING

- [ ] **Provided:** bunk bed, mattress and pillow. No bedding or towel is provided.
- [ ] Pillow case
- [ ] Summer sleeping bag
- [ ] Sleeping liner (alternative)
- [ ] Towels (2)
- [ ] **Personal wash kit:** shampoo

02 | FOOTWEAR

- [ ] **Hiking boots:** robust, good tread, well broken-in. No trainers on the hill.
- [ ] Hiking socks (3)

MANDATORY EQUIPMENT & LAYERING CHECKLIST

03 | HIKE CLOTHING

- [ ] 80-litre trekking duffle bag
- [ ] 36-litre daypack
- [ ] Gore-Tex waterproof jacket
- [ ] Gore-Tex waterproof trousers
- [ ] Tech T-shirt (3)
- [ ] Mid-layer fleece (2)
- [ ] Woollen hat (2)
- [ ] Ball cap (1)
- [ ] Buff (2)
- [ ] Gloves (2 pairs, one spare dry pair)
- [ ] **Hiking trousers (2):** no jeans or cotton
- [ ] Lite puff jacket (1)
- [ ] Sunglasses

04 | HUT CLOTHING

- [ ] Tracksuit / shorts
- [ ] Gym shoes / sliders
- [ ] Personal wash kit

05 | SAFETY

- [ ] Head torch & charger
- [ ] Personal first aid
- [ ] **Blister kit:** Compeed
- [ ] Emergency bivvy / survival bag and whistle
- [ ] Fully charged phone in waterproof pouch
- [ ] Power bank & cables (SOS)

MANDATORY EQUIPMENT & LAYERING CHECKLIST

06 | NAVIGATION (OPTIONAL)

- [ ] **Map:** OS Landranger 41/50 or Harvey maps

07 | OTHER

- [ ] Gaiters (optional)
- [ ] 1-litre water bottles (2) or bladder
- [ ] Midge spray or net (mandatory)
- [ ] **Snacks:** 6 Bounty bars, 3 Jelly Babies, 3 Wine Gums
- [ ] Small sunscreen SPF 50 (1)
- [ ] Lip balm (1)
- [ ] Personal meds
- [ ] Sterling cash / card for meals
- [ ] Travel towel
- [ ] **Passport:** for UK boat travel

PRECISION. PROFESSIONALISM. PASSION.

Black Mountaineering Expedition Leadership

PRECISION
Safety & Security

Careful planning, proven logistics, acclimatisation & risk management.

PROFESSIONALISM
Expedition Leadership

Led by Jason Black — multiple Everest & K2 summiteer with more than two decades of high-altitude experience.

PASSION
Authentic Experience

Built on a lifelong passion for exploration, challenge and adventure.

DIRECT EXPEDITION INQUIRIES & OFFICIAL WEBSITE

DIRECT CONTACT
info@blackmountaineering.com

OFFICIAL WEBSITE
blackmountaineering.com

EXPEDITION PAGE
View Wales 7 Summits

CONNECT WITH US ON SOCIAL MEDIA

Facebook
Jason Black Mountaineering

Instagram
jasonblackmountaineering

LinkedIn
black-mountaineering

YouTube
@BlackMountaineering

BLACK MOUNTAINEERING