



Adventure activity providers in Snowdonia

Bach Ventures

Please see below a list of recommended items to wear for each activity:

Walking

Base layer –Thermal wicking base layer (polyester or nylon are ok, cotton not advised)

Mid layer –light fleece / sweatshirt / hoodie / jumper

Fleece

Outer layers –waterproof / windproof waterproofs jacket & trousers

Footwear –walking boots (leather or fabric, with a good vibram sole)

Rucksack –small day sack, lined with thick plastic bag or liner

Climbing & Abseiling

Same as walking

Footwear –climbing shoes, training shoes, walking boots

Gorge Scrambling

Same basics as walking

Waterproofs

Footwear –Wellingtons preferred choice, canyoning boots, old training shoes.

Sea Level Traversing

Base layer / rash vest

Wetsuit / tracksuit bottoms / ronhills / mid layer

Waterproofs

Footwear –Wellingtons preferred choice, kayaking shoes, wetsuit boots, old training shoes

Coasteering

Base layer / rash vest

Wetsuit

Over shorts / board shorts

Footwear – kayaking shoes, wetsuit boots, old training shoes

Kayaking / Canoeing

Swimwear

Base layer / rash vest

Wetsuit / tracksuit bottoms / ronhills / mid layer

Footwear –Kayaking shoes, wetsuit boots, old training shoes

Wet Activities

When doing wet activities please remember to bring a full set of clothes, shoes and a towel

Bach Ventures is able to provide you with a number of the above items; namely waterproofs and kayaking / canoeing cags and wetsuits.

Safety & Technical Equipment

All technical and safety equipment are provided by Bach Ventures. You may bring your own equipment but this will be checked by our staff and you may find it is not suitable for chosen activity.

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