

# **Guidance from Brecon Mountain Rescue**

## **Kit for Sunset Walk**

### **Essential** kit for each **participant** is:

- walking boots or suitable trainers with good soles
- waterproof jacket
- spare warm clothing
- hat & gloves
- head or bright hand torch with adequate battery life (not phone torches)

### **Recommended** kit for each **group** is:

- a rucksack
- food & drink for group
- a charged phone
- Central Beacons map (1:50k or 1:25k)
- a compass
- a whistle