



### RAW ADVENTURE ACTIVITY BOOKING TERMS AND CONDITIONS (Non-Package)

These terms and conditions ("Booking Conditions"), together with the documents referred to therein, 'Important Information', and any other written information we brought to your attention before your booking was confirmed constitute a contract ("Contract") with RAW Adventures Mountain Activities Limited (RAW/We/Our/Us), company number 07170551, having its registered office address at Unit 2, Y Glyn, Llanberis, LL55 4EL and the person or firm who is making the booking or participating in the activity (Customer/You/Your) and will apply to any booking You make with Us.

By making a Booking with Us, You agree that:

- A. You have read these Booking Conditions and You agree to make sure that all Participants are aware of and have accepted these Booking Conditions;
- B. By booking or participating in any of Our Activities You accept and agree to be bound by these Booking Conditions;
- C. You consent to Our use of Your information in accordance with Our Privacy Policy and all Participants consent to Our use of personal data in accordance with Our Privacy Policy and You are authorised by all Participants to disclose their personal details to Us, including where applicable special categories of data (such as information on health conditions or disabilities and dietary requirements); and
- D. You are over 18 years of age.

If You are not a consumer You:

- (i) agree that these Booking Conditions constitute the entire agreement between You and Us with respect of the matters contained herein and supersedes any and all previous agreements, written or oral, express or implied between You and Us with respect to it; and
- (ii) acknowledge that in entering into the Contract you do not rely on any statement, representation, assurance or warranty (whether made innocently or negligently) that is not set out in these Booking Conditions.

### 1. THE MEANING OF THE WORDS USED IN THESE BOOKING CONDITIONS

In these Booking Conditions, the following words have the following meaning (except where the context otherwise requires):

Activity: means any of Our activities which We offer on Our Website from time to time;

**Booking:** means a booking made by You for any of Our Activities;

**Booking Conditions:** means these terms and conditions as amended by Us from time to time;

**Designated Meet Point:** means the location of the start of the Activity;

Event Outside Our Control: has the meaning set out in section 21;

**Kit and Equipment Requirements:** means our minimum kit and equipment requirements; **Participant:** means a person who is booked to participate in any of Our Activities by virtue of a **Participant:** 

**Participating Adult:** means an adult who accompanies any child or children and actively participates in an Activity. For the avoidance of doubt, a Supervising Adult can also be a Participating Adult;

**Participation Statement:** means the acknowledgement of risk and conditions of participation which must by signed by all Participants before taking part in an Activity;

Supervising Adult: means an adult or adults who accompany any child or children on the Activity.

Website: means www.raw-adventures.co.uk.









### 2. MAKING YOUR BOOKING

When You make a Booking with Us You guarantee that You have the authority to accept and do accept on behalf of all Participants the terms of these Booking Conditions. The first named person on the Booking will be the party leader (**Lead Participant**) and will be responsible for giving Us accurate information about all Participants and making all payments due to Us.

You are responsible for ensuring the accuracy of the personal details or other information supplied in respect of yourself and any Participants and for passing on any information regarding the Booking or any changes made in relation thereto, to any Participants travelling on such Booking, including but not limited to information on schedule changes or copies of booking confirmations.

Please note that telephone calls may be recorded for training and monitoring purposes. For all online and non-online Bookings these Booking Conditions will apply.

### 3. ONLINE BOOKINGS

By completing the online booking form and/or entering Your personal details on the Website, You are making an offer to purchase the Activity selected, if it is available. When You make an offer to purchase the Arrangements selected and should the Activity requested be available at the price quote, a binding agreement will come into existence between Us and Your Payment referred to in section 5 below will be debited from Your payment method. A booking confirmation ("Booking Confirmation") confirming the Arrangements will be sent to You.

### 4. NON-ONLINE BOOKINGS

Alternatively to make a Booking you can contact Us on 01286 870 870. All calls to this number will be charged at standard rate. Please contact your telephone service provider to find out how much they charge you to access this number. Please make sure you have the bill payer's permission before dialling.

### 5. BOOKING AND PAYMENT

When you make a Booking and pay Your deposit or full payment (as applicable), We will reserve your arrangements on the basis of these Booking Conditions. Your Booking will be taken as confirmed in respect of the Participant(s) named on the Booking and a binding Contract between You and Us will come into existence when You have paid Your deposit and We have sent to You the booking confirmation. Our booking confirmation may be sent by email of post.

A non-refundable deposit of 30% of the total cost of the Booking is payable in respect of Your Booking.

The balance of monies due in respect of Your Booking is payable no later than 6 weeks prior to the start of Your Activity.

You may pay monies due to Us using any of the following methods:

- by bank transfer (details available on request);
- by cheque made payable to RAW Adventures Expeditions Limited; or
- by debit or credit card.





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In the event You fail to pay any monies due on the due date We shall be entitled to apply a £50.00 administration surcharge to the amount due and, in the event You fail to remit payment within 7 days of a further written request We shall be entitled to treat Your non-payment as notice of cancellation and section 9 shall apply.

Full debit card and credit card information is not processed by Us as it is passed through to a PCI-DSS compliant third-party payment provider in accordance with good industry standard.

The number of people participating in the Activity must not exceed the number confirmed at the time of payment of the balance (or otherwise agreed by Us in writing prior to the start date of the Activity). We reserve the right to refuse to allow any additional persons above the number confirmed to participate in the Activity.

It is important to check your booking confirmation together with all other documents We send You as soon as You receive them. You must contact Us immediately if any information which appears on the booking confirmation or elsewhere appears to be incorrect or incomplete, as it may not be possible to make changes later. We regret We cannot accept any responsibility if We are not notified of any inaccuracies in any document within 3 days of Our sending it out.

Whilst We will do Our best to rectify any inaccuracies notified outside these time limits, You will be responsible for any costs and expenses involved in doing so except where We made the mistake and there is good reason why You did not contact Us within the above time limits.

### 6. ACCURACY

We endeavour to ensure that all the information and prices both on Our Website and in Our Event Notes are accurate, however occasionally changes and errors occur and We reserve the right to correct prices and other details in such circumstances. You must check the current price and all other details relating to the Activity that You wish to book before Your Booking is confirmed.

### 7. THE PARTICIPATION STATEMENT

Every Participant is required to read and confirm acceptance of a Participation Statement or, if under the age of 18, a Participation Statement must have been fully read, accepted and dated by the parent or guardian of the young person(s) concerned prior to the group arriving taking part in the Activity. If a Participant does not read and accept the Participation Statement, or does not comply with any of the terms set out in the Participation Statement, it may result in that Participant being prohibited from taking part in the Activity. We also reserve the right to refuse a Participant taking part in the Activity if any of the information contained in the participant's Booking Form is not true or We, acting in Our reasonable discretion have reason to believe that the information contained in the Booking Form is not true. If this happens, no refund will be paid and We will not be liable for any compensation, consequential losses or any other losses arising. You can request/obtain a copy of the Participation Statement at <a href="https://www.raw-adventures.co.uk">www.raw-adventures.co.uk</a>. The acceptance of the Participation Statement is mandatory as a condition set down by Our insurers.

### 8. CANCELLATIONS AND BOOKING ALTERATIONS MADE BY US

We are committed to ensuring Your health and safety and as such there may be times where weather conditions mean some of our Activities are not safe. We also reserve the right to cancel Your Booking







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at any time prior to the date of arrival if the required personnel and/or other resources necessary for the provision of the Activity is not available.

In the event it becomes necessary to cancel Your Booking We will contact You and You have the choice of the following options:

- i) ask for a refund; or
- ii) You can re-schedule Your Booking within 6 months of the date of the Activity You originally booked; or
- subject to availability (and in accordance with these Booking Conditions), change the Booking to another of Our Activities up to the same value of Your original Booking.

In the event We are unable to offer You an alternative We shall issue You with a full refund within 28 working days of Us notifying You of the cancellation. On payment of the refund the Contract between You and Us shall be terminated and all liability of RAW to You and any Participants shall cease.

We reserve the right to cancel Bookings and/or terminate the Contract if You and any Participants on the Booking:

- act in a violent, racist or verbally abusive way towards Us or one of Our mountain leaders;
- refuse or fail to complete the Participation Form and/or Parental Consent Form;
- refuse or fail to provide suitable evidence of ability to partake in the Activity;
- refuse to supply medical evidence or suitability to partake in an Activity;
- consume alcohol or have in Your possession non prescribed drugs whilst participating in the Activity.

In the interests of safety all Participants must, at all times during the Activity, promptly comply with all reasonable instructions or advice given by Us or the personnel running the Activity. In the event of a Participant failing to comply with such instructions or advice We reserve the right to exclude the Participant or, if appropriate, to suspend or terminate the provision of the Activity.

Should it become necessary for Us to cancel Bookings and/or terminate the Contract in these circumstances no refund shall be payable.

### 9. AMENDING OR CANCELLING YOUR BOOKING

Where possible, and subject always to the provisions of section 5, a booking amendment will be accommodated without charge. Please note that dependent on the amendment request, additional fees may become payable. We shall notify You of any additional fees prior to making the amendment to the Booking.

If You wish to cancel or amend Your Booking, You must contact Us in writing as soon as possible. Please note that the cancellation must be made by the person who originally made the Booking (**Lead Passenger**). Cancellations are accepted from the date We receive confirmation of cancellation in writing by letter or email.

Cancellations incur the following charges:







Period Before Activity when Notice of Cancellation	Percentage Of Total Booking Price Charged
is Received	
More than 12 weeks prior to activity	Deposit (30%) = 30%
12 – 8 weeks prior to activity	Deposit (30%) plus 20% = 50%
8 - 4 weeks prior to activity	Deposit (30%) plus 40% = 70%
4 weeks or less prior to activity	Deposit (30%) plus 70% = 100%

In the event that You wish to increase the number of Participants for whom You have made a Booking and We are able to accommodate this request then We will amend Your Booking and notify You of further amounts payable which shall be payable in accordance with section 5.

### 11. INSURANCE

We hold employer's liability, public and products liability and professional indemnity insurance. Adequate travel insurance is a condition of Your Contract with Us and You must make sure that all of the activities which You will be carrying out are covered by such insurance. This insurance must include adequate cancellation insurance to the value of the Contract and repatriation costs in respect of all Your activities. There are some restrictions on insurance, for example pre-existing medical conditions and You should advise the insurance provider of these at the time the policy is taken out. Please note that the travel insurance provided by some credit card providers often only offers the minimum coverage.

It is Your responsibility to ensure that the insurance cover You purchase is suitable and adequate for Your particular needs. If You choose to carry out the Activity without adequate insurance cover, We will not be liable for losses howsoever arising, in respect of which insurance cover would otherwise have been available.

### 12. LATE ARRIVAL

All Participants in Your party must arrive at the Designated Meet Point at least 10 minutes prior to the Activity commencement time. Failure to arrive at or before the scheduled time will not entitle You to a refund. There will be no compensation paid for consequential losses, lost or additional travelling expenses or other expenses of a similar nature.

## 13. CHILDREN AND YOUNG PEOPLE

Full legal responsibility for any child or children in Your group lies with the Supervising Adult. The Supervising Adult must sign the Participation Statement on behalf of the child/children. Unless otherwise stated (e.g. school groups and other young people organisations), children under the age of 18 years will not be permitted to take part in certain Activities unless accompanied by a Participating or Supervising Adult at all times.

# 14. MEDICAL CONSIDERATIONS AND SPECIAL REQUESTS

We do not specialise in activities for people with disabilities and/or additional needs, but We will do Our utmost to cater for any special requirements You may have. If You or any Participant has any medical condition, disability or additional need which may affect participation in the Activity You must advise Us prior to making the Booking.





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You have a duty to notify Us of any circumstances (including illness and injury) which may affect You or any Participant's ability to participate in the Activity. We reserve the right to decline participation in any Activity on the basis of a pre-existing medical condition which must be disclosed to Us at the time of Booking and We shall have no liability to You or the Participant(s) in respect of such decision. We may require You to produce a doctor's certificate certifying that You and/or the Participant(s) are fit to participate in the Activity. Acting reasonably, if We are unable to properly accommodate the needs of the person(s) concerned, We will not confirm Your Booking.

If You wish to make a special request, You must do so at the time of booking by sending Us an email to admin@raw-adventures.co.uk or by calling 01286 870 870. The fact that a special request has been noted on Your booking confirmation or any other documentation is not confirmation that the request will be met. Failure to meet any special request will not be a breach of Contract on Our part.

### **15. PETS**

No pets are allowed to participate in the Activity without having obtained our prior written consent. Dogs must be kept on secure leads when asked to do so by Us or a third party.

### 16. ALCOHOL AND NON-PRESCRIBED DRUGS

The consumption and use of alcohol and non-prescribed drugs is strictly prohibited whilst participating in an Activity. We reserve the right to refuse You and any Participant who is considered to be under the influence of alcohol or non-prescribed drugs.

# **17. EQUIPMENT**

Save for Equipment, which We provide, Participants are expected to provide their own suitable clothing, equipment and footwear in accordance with the Event Notes and/or Important Information kit list and We cannot accept any liability for any losses, claims, injuries or liabilities suffered, incurred or arising as a result of any defect in or the unsuitability of any clothing, equipment or footwear provided by Participants. In addition We shall not bear any liability for damage to or loss of clothing, equipment or footwear belonging to Participants which shall remain the sole responsibility of the Participants. Equally You may experience minor injury (scratches, grazes, twisted ankles, etc) and these minor injuries and property damage are sometimes an unavoidable outcome of the type of Activity that We operate.

You will be responsible for any loss or damage caused by You or a Participant to Our property including to any equipment provided to You and/or Participants by Us as part of the Activity. You and all Participants must meet Our Kit and Equipment Requirements. We shall not be liable to You for any damage, injury or other losses incurred should you fail to adhere to Our Kit and Equipment Requirements.

### 18. PERSONAL PROPERTY/BELONGINGS

Please note that Your belongings are taken on the Activity at Your own risk and We are not responsible for any loss, theft or damage that occurs to Your money, valuables or other personal effects during participation in the Activity.

# 19. CHANGES TO THE ITINERARY

Any Activity programme or itinerary provided by Us is provided by way of example only and may be changed at Our sole discretion dependent on the circumstances.







Alterations in the itinerary may be caused by rapidly changing weather patterns and environmental conditions or a Participant's fitness. Hence minor alterations to the itinerary are common. At all times, We will attempt to perform the Activity as faithfully as is reasonably possible. At all times, safe performance of the Activity is considered before completing the full itinerary at any cost. Our/Our Mountain Leader's decision is always final in this regard.

### 20. PHOTOGRAPHY/VIDEO FOOTAGE

Any images and video footage of You shall be used in accordance with Your wishes set out in Our Photography and Filming Agreement. Many of Our visitors/other customers will be capturing video and photographs by the use of personal devices. By participating in the Activity, You understand and accept that We are not responsible for the use of any images of You that may be captured in this way.

#### 21. EVENTS OUTSIDE OF OUR CONTROL

We will not be liable or responsible for any failure to perform, or delay in performance if, any of Our obligations under these Booking Conditions is caused by an Event Outside Our Control.

An Event Outside Our Control means any act beyond our reasonable control, including without limitation, strikes, lock-out or other industrial action by third parties, civil commotion, riot, invasion, terrorist attack or threat of terrorist attack, war (whether declared or not) or threat or preparation for war, fire, explosion, storm, flood, earthquake, subsidence, epidemic or other natural disaster, or failure of public or private telecommunications networks or impossibility of the use of railways, shipping, aircraft motor transport, significant risks to human health such as the outbreak of serious disease at the Designated Meet Point or other location, or other means of public or private transport, unavoidable technical problems with transport and all similar events outside Our or the supplier(s) control.

If an Event Outside Our Control takes place that affects the performance of Our obligations under this Contract:

- (i) We will contact You as soon as reasonably possible to notify You; and
- (ii) Our obligations under the Contract will be suspended and the time for performance of Our obligations will be extended for the duration of the Event Outside Our Control.

### 22. OUR LIABILITY IF YOU ARE A CONSUMER

This section 22 only applies if You are a consumer as defined by the Consumer Rights Act 2015, or a consumer for the purposes of any other consumer protection legislation.

If We fail to comply with these Booking Conditions, We are responsible for loss or damage You suffer that is as foreseeable result of our breach of these Booking Conditions or Our negligence. Loss or damage is foreseeable if it is an obvious consequence of Our breach or if it was contemplated by You and Us at the time we entered into the Contract.

We do not in any way exclude or limit Our liability for:

- (i) death or personal injury caused by Our negligence;
- (ii) fraud or fraudulent misrepresentation; and
- (iii) any other losses which cannot be excluded or limited by applicable law





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We do not accept liability or pay compensation where the performance of Our obligations to You are affected or prevented by an Event Outside Our Control (please see section 21).

### 23. OUR LIABILITY IF YOU ARE NOT A CONSUMER

This section 23 only applies if you a business customer.

- a. Nothing in these Booking Conditions limits or excludes Our liability for:
  - (i) death or personal injury caused by Our negligence;
  - (ii) fraud or fraudulent misrepresentation;
  - (iii) any other losses which cannot be excluded or limited by applicable law.
- b. Subject to section 23a), We will under no circumstances whatever be liable to You, whether in contract, tort (including negligence), breach of statutory duty, or otherwise, arising under or in connection with this Contract for:
  - (i) any loss of profits, sales, business or revenue;
  - (ii) loss of business opportunity;
  - (iii) loss of goodwill; or
  - (iv) any indirect or consequential loss.
- c) Subject to section 23b), Our total liability to You in respect of all losses arising under or in connection with the Contract, whether in contract, tort (including negligence), breach of statutory duty, or otherwise, shall in no circumstances exceed the value of the Contract.
- d) Except as expressly stated in these Booking Conditions, We do not give any representation, warranties or undertakings in relation to the Activity. Any representation, condition or warranty which might be implied or incorporated into these Booking Conditions by statute, common law or otherwise is excluded to the fullest extent permitted by law. In particular, We will not be responsible for ensuring that the Activity is suitable for Your purposes.
- e) We do not accept liability or pay compensation where the performance of Our obligations to You are affected or prevented by an Event Outside Our Control (please see section 21).

### 24. IF YOU HAVE A COMPLAINT

If You have cause for complaint prior to the Activity taking place, You should call or email Us in the first instance and We will do Our utmost to deal with and resolve Your grievance. If You have cause for complaint whilst on the Activity, You must bring this to Our attention or Our Mountain Leader. If You fail to follow this procedure there will be less opportunity for Us to investigate and rectify Your complaint. You should note that it is unreasonable to take no action whilst on the Activity but to then write a letter of complaint after the Activity has taken place.

If You remain dissatisfied or Your complaint is not resolved during the Activity, You must write to Us within fourteen (14) days from the occurrence which gave rise to the complaint/dispute giving your Booking reference and full details of Your complaint, including any additional information supporting Your complaint to RAW Adventures Expeditions Limited, Unit 2, Y Glyn, Llanberis, LL55 4EL.

Complaints must only be addressed from You. If You fail to follow this simply complaints procedure We will have been deprived of the opportunity to investigate and rectify Your complaint and this will affect Your rights under Your Contract and Your right to any compensation You may have been entitled will be lost as a result.







You, any persons on the Booking, or any person acting for You must not make false or exaggerated claims. If You, any persons on the Booking, or anyone acting for You makes a claim knowing any part of it to be false or exaggerated, details will be passed to the relevant authorities and We shall seek to recover any payment made to You in connection with the associated claim (together with costs incurred by Us).

We will manage the complaint on Your behalf and a letter of acknowledgement will be sent to you within 7 days of receiving Your grievance following which You should allow a period of a further 14 days in order that We can make necessary investigations into the same. Should responses not be forthcoming from the supplier(s) or We remain dissatisfied with the response(s) We have received, We will inform You accordingly of any extra time that may be required in order o fully respond to You. Please note that this section is only intended to benefit You as We require full and detailed responses to any issues raised which, in peak occupancy season becomes problematic for the supplier(s) to respond within Our normal and required time frame. On receipt of Your complaint, We will investigate the matter and We will respond to You within 28 days in writing.

In the event of a complaint not being satisfactorily resolved both RAW and You hereby agree that the dispute will be settled by arbitration.

### 25. HOW WE USE YOUR PERSONAL INFORMATION (DATA PROTECTION)

For the purposes of the General Data Protection Regulation we are a data controller. In order to process Your Booking and to ensure that your Activity can be properly performed We need to collect certain personal details from You. These will include, where applicable, the names and address of Participants, credit/debit card or other payment details and special requirements such as those relating to any disability or medical condition which may affect the chosen Activity and any dietary restrictions which may disclose Your religious beliefs. We must pass on Your personal details to the companies who need to know them so that your Activity can be provided (for example credit/debit company or bank).

Your privacy and personal information are important to Us. Any personal information that You provide to Us will be dealt with in line with our Privacy Policy, which explains what personal information We collect from You, how and why We collect, store, use and share such information, Your rights in relation to Your personal information and how to contact Us and supervisory authorities in the event You have a query or complaint about the use of your personal information.

Our Privacy Policy is available at <a href="https://www.raw-adventures.co.uk/themes/raw-adventures/assets/pdf/privacy-policy.pdf">https://www.raw-adventures.co.uk/themes/raw-adventures/assets/pdf/privacy-policy.pdf</a>

### **26. REGULATIONS**

This section 26 only applies if You are a consumer as defined by the Consumer Rights Act 2015, or a consumer for the purposes of any other consumer protection legislation.

We are required by the Consumer Contracts (Information Cancellation and Additional Charges) Regulations 2013 (**Regulations**) to ensure that certain information is given or is made available to You as a consumer before We make Our Contract with You. We have included the information itself either in these Booking Conditions for You to see now, or We will make it available to You before We accept Your request to make a Booking. All of that information will, as required by the Regulations, be part of the terms of Our Contract with You as a consumer.







### 27. INFORMATION

As required by the Regulations:

All of the information described in section 26 and any other information which We give to You about the services which You take into account when deciding to make a Booking or when making any other decision about the services will form part of Our Contract with You as a Consumer.

### 28. GENERAL MATTERS

We reserve the right to make alterations or changes to these Booking Conditions at any time ensuring that the customers of existing bookings will receive the latest copy of the Booking Conditions prior to participating in an Activity. Should the revised Booking Conditions be unacceptable to a customer who has pre-booked the Booking may be cancelled without penalty or administration charge.

We may transfer Our rights and obligations under the Contract to another organisation, but this will not affect Your rights or Our obligations under these Booking Conditions.

The Contract is between You and Us. No other person shall have any rights to enforce any of its terms, whether under the Contracts (Rights of Third Parties) Act 1999 or otherwise.

If any provision of these Booking Conditions is held by any competent authority to be invalid or unenforceable in whole or in part the validity of the other provisions of these Booking Conditions and the remainder of the provision in question shall not be affected.

No failure or delay by Us in exercising any rights under these Booking Conditions means that We or You have waived that right, and no waiver by Us or You of a breach of any provision of these Booking Conditions means that We or You will waive any subsequent breach of the same or any other provision.

If You are a consumer, please note that these Booking Conditions are governed by the law of England and Wales. The Contract and any dispute or claim arising out of or in connection with it will be governed in accordance with the law of England and Wales. You and we both agree that the courts of England and Wales will have non-exclusive jurisdiction. However, if you are a resident of Northern Ireland you may also bring proceedings in Northern Ireland, and if you are a resident of Scotland, you may also bring proceedings in Scotland.

If You are a business, the Contract and any dispute or claim arising out of or in connection with it or its subject matter or formation (including non-contractual disputes or claims) shall be governed by and construed in accordance with the law of England and Wales.

If You are a business, We both irrevocably agree that the courts of England and Wales shall have exclusive jurisdiction to settle any dispute or claim arising out of or in connection with the Contract or its subject matter or formation (including non-contractual disputes or claims).

IMPORTANT INFORMATION - Please read on









### IMPORTANT INFORMATION

### **Transport**

### YOU ARE RESPONSIBLE FOR TRAVEL TO OUR MEET POINT

We do not provide any transport to/from our event meet point. We can provide travel and transport advice, if you're using buses, taxis, cars and trains to arrive to your accommodation. We offer transport during the event itself in our RAW van or local taxis, depending on group sizes. Please park responsibly and use pay and display car parks where necessary.

#### Accommodation

### COST NOT INCLUDED ON ANY ACTIVITY, UNLESS STATED

There are a number of excellent accommodation options in and around the Llanberis area and North Snowdonia generally. For our most of our activities we recommend you stay in Llanberis for ease of meeting early in the morning of the event. The following accommodations can be contacted from our accommodation page on our RAW Adventures website:

### **RAW Adventures - Accommodation**

### Food

Due to the early start, breakfast may not be provided by your accommodation option – please check. If not, ensure you take on a filling breakfast with complex carbohydrate and protein to fill you up for the morning. Take at least 2 litres of water with you in a reusable water bottle. Never leave any wrappings or fruit peel on the hill. Take all litter back off the mountain. Pack a variety of foods - both savoury and sweet that will sustain you during the day. Choose complex carbohydrates and whole foods, rather than overly sweet foods and chocolate. Foods like malt loaf, mixed fruit and nuts, cheese and ham/salami, oat cakes, raw fruit bars, dark chocolate, filled wraps, mini pork pies or sausage rolls will last well on the hill and sustain you over a number of hours. IF your booked activity is on Yr Wyddfa/Snowdon, it is not guaranteed that the summit visitor centre will be open, so do not rely on this being an option for purchasing food and drink. Contact us for advice.

### Weather & Safety

### BE PREPARED TO EXPERIENCE A VARIETY OF WEATHER CONDITIONS

Regardless of the time of year, we may experience cloud, rain, wind, sun and even snow! The temperatures can be much cooler higher on the mountain tops, so having layers that you can add to and take off will work.





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We will of course adjust walking plans to take into consideration any adverse conditions, otherwise we go out in 'most' weather conditions, hence having waterproof and warm kit will help us carry on with our plans. We can also experience hot sun and the challenges that brings, when working physically hard. Please ensure you have read and understood our Kit List and you have the items recommended, for your safe enjoyment of your event. Your Mountain Leaders are experience and qualified to make appropriate decisions about group safety. They will carry necessary group and safety equipment and are certified in Outdoor Emergency First Aid.

#### **Kit List**

THIS IS THE MINIMUM KIT TO BRING WITH YOU FOR SUMMER WALKING ACTIVITIES – PLEASE CHECK YOUR EVENT NOTES OR BOOKING CONFIRMATION FOR OTHER SPECIFIC ACTIVITIES OR TIMES OF YEAR.

### SUMMER WALKING KIT LIST

- Rucksack at least 25 litres
- Rucksack liner (or bin bag) to keep rain out!
- Sturdy, comfy walking boots or shoes with ankle support and grippy sole
- Comfortable, thick walking socks
- Base Layer/T-shirt (not cotton)
- Comfortable walking trousers (not jeans)
- Fleece layer/jacket
- Spare warm layer in rucksack (+ 1 more for early Spring/late Autumn temperatures)
- Waterproof jacket essential
- Waterproof trousers essential (and separate to your walking trousers)
- Warm hat essential
- Warm gloves essential
- Headtorch (especially in early Spring or late Autumn)
- At least 1.5 litres water in a re-usable bottle (please do not discard plastic bottles on the mountain)
- Pack lunch/snacks/sweets and rubbish bag to take items home in
- Trekking poles (highly recommended for descending and rocky steps)
- Camera
- Suncream/Sunglasses/Sun Hat
- Mobile Phone in a waterproof case/bag
- First Aid kit personal blister protection, personal medication, painkillers, plasters

### **END OF IMPORTANT INFORMATION**





