



Sands Snowdon by Night Hike 2023

Participant Guide

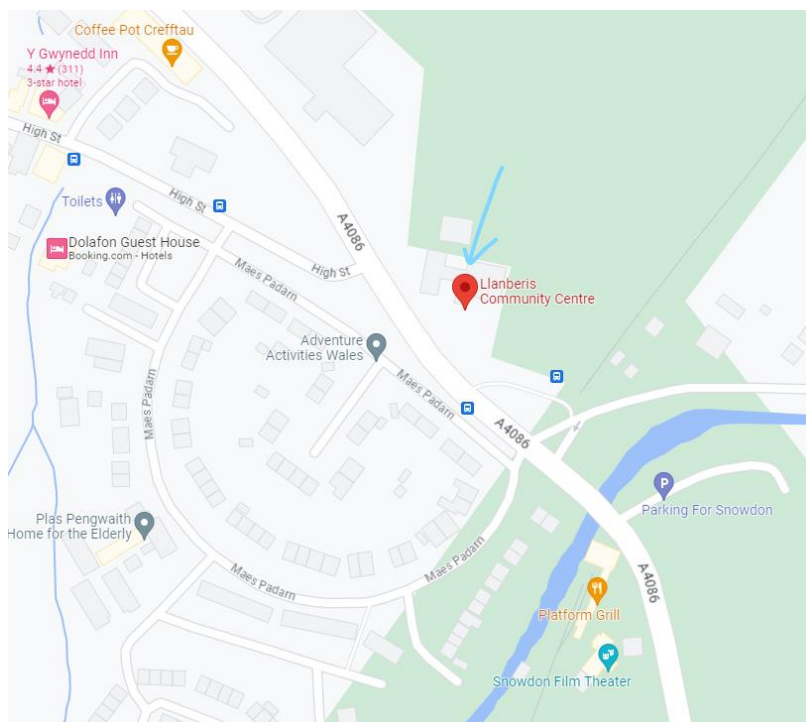
Welcome

With only one week to go until your Snowdon by Sands Hike for Sands, please find enclosed important information ahead of the big day!

Location

We will be meeting in the town of Llanberis in the Snowdonia National Park. Please arrive for 11:30pm on 20th May 2023. The address for the registration point is:

Llanberis Community Centre
6 Blaen y Ddol,
Llanberis,
LL55 4UR

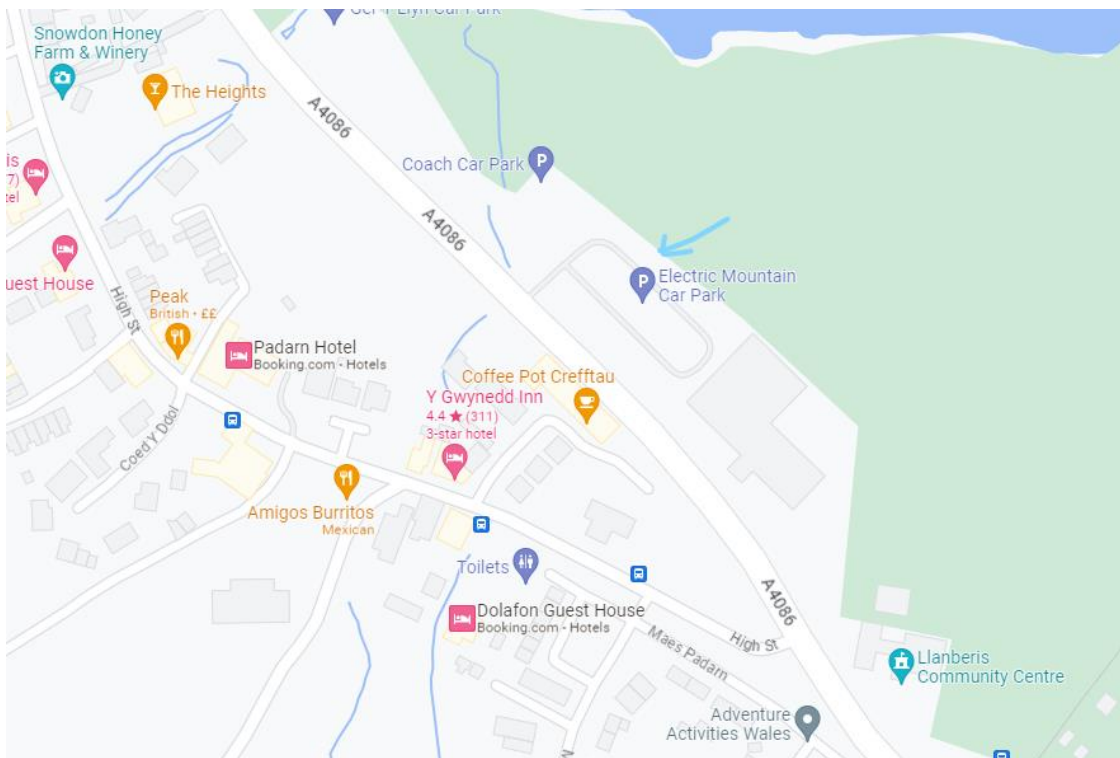


When you arrive, you will be greeted by Holly and Flo from Sands, as well as the representatives from Charity Challenge. We will check you in and give you a numbered card of dedication which you can pin to your t-shirt. You will have the opportunity to write your babies' name on a star and place on our memory wall, as well as taking a remembrance ribbon to attach to your backpack for your climb. After everyone has arrived, and before you set off, **we will provide a full safety briefing, so it is important that you arrive on time as to not delay the climb.**

Your challenge will commence around 12:30am, with sunrise due around 5.11am. By starting the challenge at this time, we are hoping everyone will have the best opportunity to reach the summit for when the sun rises.

Parking

There are various places to park within Llanberis but the closest to the venue is the large pay and display car park next to Electric Mountain. From here it is a short walk to the Community Centre for registration. Note this is a cash-only pay and display car park and charges do apply overnight so please bring ample change. The postcode for the car park is LL55 4TA.



If you are being dropped off by family or friends, we kindly request that you are dropped off somewhere away from the community centre. **Do not attempt to drive into the community centre itself as we are restricting vehicle movements here for safety reasons.**

Weather

The weather rarely forces us to cancel events however it can and often does have us wearing full waterproofs even when the weather forecast is sunny – this means that you should hope for good weather but **prepare for bad.** We will check the forecasts 48 hrs before the event date and unless it is forecast very heavy rain and strong winds we will go ahead. In the event of an electrical storm we will cancel the event.

Your Kit List

Equipment of good quality and durability could make the difference between a fantastic challenge experience and an uncomfortable one.

RUCKSACKS AND BAGS

- ☐ Day sack 30-40L
- ☐ Waterproof liner (a black bin bag is excellent)*

ACCOMMODATION

- ☐ Small bag with spare clothes
- ☐ Personal toiletries

FOOTWEAR

- ☐ Walking boots with ankle protection and excellent deep tread for grip
- ☐ Hiking socks

CLOTHING

- ☐ Waterproof and breathable jacket (Gore-Tex or similar recommended)
- ☐ Waterproof overtrousers
- ☐ Windproof softshell or fleece jacket
- ☐ Lightweight fleece top
- ☐ Wicking t-shirt
- ☐ Trekking trousers (not jeans)
- ☐ Underwear light and loose
- ☐ Warm hat
- ☐ Sun hat
- ☐ Gloves (preferably waterproof)
- ☐ Change of clothes for after the challenge*
- ☐ Hiking shorts*

TREKKING EQUIPMENT

- ☐ Water bottles/bladder (min. 2 Litres)
- ☐ High energy snacks (tracker bars, dried fruit, chocolate, nuts etc)
- ☐ Dry-bags (or plastic bags) for keeping clothes and documents dry
- ☐ LED Head torch plus spare batteries (it is vital that you have a good quality head torch with a strong beam of 80Lumens and beam distance of at least 40m – ask an outdoor shop if you are unsure)
- ☐ Sunglasses*
- ☐ Walking poles*
- ☐ Camera*

SMALL FIRST AID KIT

- ☐ Pain killers
- ☐ Plasters
- ☐ Zinc oxide tape
- ☐ Compeed blister pads
- ☐ Antiseptic wipes
- ☐ Rehydration sachets
- ☐ Your own medication
- ☐ Knee supporters*
- ☐ Aftersun
- ☐ Sun protection (min. factor 30)
- ☐ Dextrose tablets for extra energy

DOCUMENTS

- ☐ Final Details document (available in your Account Area one month before the challenge)
- ☐ Emergency Contact numbers
- ☐ Cash (Debit and credit cards aren't always accepted at small rural shops)
- ☐ Debit/Credit card
- ☐ Travel insurance*

KEY * Indicates Optional

If you do not own some of this equipment and do not wish to spend a lot of money on buying equipment then we would highly recommend hiring equipment from our partners at [Outdoorhire](#). They can hire really good quality outdoor equipment for weekends and often hiring a high quality piece of equipment is better than purchasing a cheap version.

The route

You will ascend and descend via the Llanberis path. The distance of the trek is approximately 15km.



Image:

<https://snowdoninfo.com/llanberis-path/>

Emergency Contacts

If you have any questions prior to the day of the challenge then please contact Sands or Charity Challenge directly:

Charity Challenge

Email: challenges@charitychallenge.com

Tel : 0208 346 0500

Sands

Email: teamsands@sands.org.uk

Tel: 020 3897 6092

On the day of the challenge, should you have any difficulty meeting up with our team upon arrival you should use the following contact details for the event managers. If you cannot get through to them you can contact the Charity Challenge 24hour phone.



You may also wish to leave a copy at home for family to contact us in an emergency.

Should you have any questions/difficulties relating to the challenge itself then please use the contacts on this document and do not contact the charity.

Charity Challenge

Event Manager: Tom Armes

Contact number: 07738 426 560

Charity Challenge 24hr emergency mobile: 07792 983 877

Mobile signal can be intermittent so if there is no response initially please leave a message or send a text and we will get back to you as soon as we can.

Finish

After you have completed your climb, we will be waiting for you at the finish line to congratulate you on your amazing accomplishment and you will get the opportunity to have your well-deserved breakfast and receive your medal and goody bag from Sands.

Good Luck!

We are so excited to have you join us on this years' Snowdon by Night Hike and would like to thank you for supporting Sands – we couldn't continue to do what we do without your amazing fundraising and awareness raising. Thanks to you we are always there when needed for bereaved families and work towards our vision of building a world where fewer babies die. You are amazing! See you on Saturday 20th May!

Holly & Flo (Sands Events Team)