## RHAGLEN GYNNAL – Cerdded Diwrnod

- Camera – Gall hyn fod yn ffôn clyfar, camera compact neu DSLR – wedi'i wefru
- Llyfr Nodiadau a Phapur/Pensil
- Esgidiau/Boots Cerdded a Sgetiau
- Dillad Gwrth-ddŵr (Siaced a Thraus)
- Fleece (haenau ychwanegol)
- Het/Llawfeddion/Buff/Sbectol Haul/ Hufen Haul/Balm Gwddf
- (yn dibynnu ar y tywydd)
- Bag Cefn (20-30 litr)
- Bwyd a Sgwrs
- Botel Ddŵr/Flas (wedi'i lenwi)
- Fflach Pen (& batris/wedi'u gwefru)
- Ffôn (wedi'i wefru'n llawn)
- Arian (gan gynnwys arian parod) – ar gyfer byssus
- Pasbort Pererin
- Diheintydd Dwylo
- Pecyn Cyntaf Cymorth (gan gynnwys gofal ffyngau)

## KIT LIST – Day Walk

- Camera – This can be a smartphone, compact Camera or DSLR – Charged up
- Note Book and Pen/Pencil
- Walking Boots/Shoes and socks
- Waterproofs (Jacket and Trousers)
- Fleece (extra layers)
- Hat/Gloves/Buff/Sunglasses/ Sun-cream/Lip-balm (weather depending)
- Backpack (20-30lts)
- Food and Snacks
- Water bottle/flask (filled)
- Head Torch (& batteries/charged)
- Phone (fully charged)
- Money (including cash) -for buses
- Pilgrim Passport
- Hand Sanitiser
- First Aid Kit (including blister care)