Kit List

Three Peaks Challenge 2019
IN AID OF THE DONNA LOUISE TRUST
WWW.3PEAKS2019.co.uk

Tick √	Essentials
	Suitable footwear - walking boots with an ankle support are recommended. If you are buying new boots, ensure they are well broken in before the challenge. Trail shoes or trainers are only acceptable if you intend to run the challenge!
	Hiking socks - a single pair is recommended, rather than a liner sock
	Waterproof jacket and waterproof over trousers
	Backpack - approx. 20-40 litres with a waterproof cover
	Map and compass
	Head torch - If you intend to complete the challenge in 24 hours, you will be walking in the dark. **Spare batteries** are a must.
	Water carrier (bottle or Camelbak style, 1 – 2 litres)
	Food and hill snacks (nuts, cereal bars, dried fruit)
	Hat (both a warm one and a sun hat depending on the weather)
	Gloves and a spare pair. Waterproof ones are a good idea if it rains
	Walking trousers (not jeans)
	Gaiters

Tick √	Essentials cont'd …
	Base layer (breathable)
	Warm, mid layer (fleece)
	Changes of clothes - if you get wet you will want to start your next mountain warm and dry!
	Sunglasses and suncream
	Walking poles
	First Aid Kit
	Plastic Whistle for emergencies
	Midge repellent – net and cream (some swear by Avon Skin so Soft)

Kit Tips

- Items can be borrowed, for example walking poles and head torch.

- A rucksack liner is a good addition to a cover. This will ensure your kit stays dry during your time on the mountains.

- A survival bag is recommended for each walker. They weigh nothing and can be invaluable in an emergency.

- The Camelbak style water carriers save time and energy during your walk.

- A battery power pack plus phone charger leads

- Organise your kit in the vehicle so you know where everything is before your onward journey to the next mountain.

- Map and Compass are essential, ensure someone in your team knows how to use them.