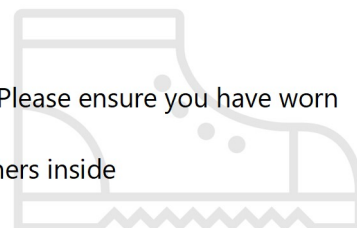


Kit List

Below is a guideline from for the recommended equipment you should bring with you on your hike. We recommend you follow weather reports the week before the challenge and choose from the list below what you think you will need.

Recommended Kit

- Overview map of the route (issued at registration)
- Waterproof hiking shoes – water repellent and fully broken in. Please ensure you have worn your boots / shoes plenty of times before your Trek
- Waterproof daypack or rucksack with waterproof cover / bin liners inside
- Waterproof jacket with hood (recommended lightweight)
- Waterproof over-trousers
- Trekking poles (optional)
- Light trekking trousers and / or shorts
- Micro fleece top
- Breathable / wicking t-shirt or base layer – your Trek 24 t-shirt is ideal!
- 2 pairs of pre-worn walking socks
- Warm top and spare change of clothes for when you finish
- Sun-cream
- Sunhat
- Sunglasses
- Fully charged mobile phone. Consider bringing a battery pack if you are concerned your phone may run out of battery during your Trek
- Reusable water bottle and flask (Camelback, platypus or water bottle) – help us to reduce plastic use!
- Emergency food and extra snacks (e.g. cereal bars, chocolate, fruit and nuts, sweets)
- GPS / sports watch or smart phone app to track your time.



Personal First Aid Kit

(Note: Roaming Medics will be available along the route. You may also bring your own first aid provisions if you wish)

- Any regular medication you take
- Assorted plasters and / or tape (and scissors to cut)
- Vaseline (or similar, for chafing)
- Blister plasters (at least 4-6 large)
- Alcohol hand gel (for clean hands as well as cleaning small wounds)
- Antihistamine tablets / eye drops (if you are susceptible to hay fever)
- Pain killers – this hike could hurt! Routine use of painkillers for muscle aches and pains is discouraged but, if required because of an injury, the user should follow the dosage instructions, as they would at home, never exceeding the maximum doses.
- the maximum doses.

