



Kit List

We cannot stress the importance of good kit and equipment.

We suggest:

- Walking boots – these need to be comfortable and not new on the day. Make sure you have completed training walks in the same boots.
- Walking socks – a good pair or 2.
- Small rucksack.
- Breathable t-shirt—your Pier 2 Pier t-shirt is ideal. We will post this to you one month before the event.
- Additional warm layer.
- Lightweight hiking trousers, leggings or shorts.
- Lightweight jacket – windproof/waterproof.
- Sun and rain protection, depending on forecast.
- Reusable water bottle or camelback with at least 2 litres – we provide refill stations at each rest stop.
- Trekking poles – optional
- Fully charged mobile phone. Consider using a battery pack to ensure your phone stays charged.
- Warm top and clothes for when you finish.
- First aid kit - Any medication you take, Compeed (4-6), Vaseline (for chafing), pain killers.
- Extra snacks - There will be water and snacks available at all four rest stops plus lunch at the third rest stop, however we also recommend bringing your own personal refreshments for additional energy.