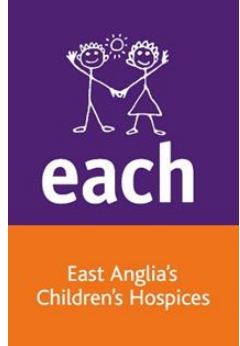


# Kit List



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 the two rest stops plus a bacon roll at the first stop, however we also recommend bringing your own personal refreshments for additional energy.