



Kit List

All the essentials you will need to complete the challenge!

On the trek

- **Rucksack** - 25 litre capacity is ideal
- **Waterproof rucksack liner**
- **Walking Boots** - Must be broken in and have sufficient ankle support
- **Walking socks** – Clean pair for each mountain
- **Waterproofs** - Fully water-proof jacket (with hood) and trousers
- **Medium-weight fleece**
- **Gloves**
- **Hat** - For both cold & hot weather
- **T-shirts** - Made from a 'wicking' material such as polyester
- **Trekking trousers/leggings**
- **Neck scarf** - Buff or similar, versatile in all weathers
- **Sunglasses**
- **Water bottles** - Carry 2 litres of water per mountain, Camelbak water bladder style is ideal
- **Walking Poles** - Not necessary, but highly recommended. Particularly helpful in descent, poles aid balance and reduce the stress on the ankle, knee and hip joints
- **Head Torch** – Bring spare batteries
- **Medical Kit** - Sun cream, blister plasters (Compeed or equivalent), painkillers, supports as required
- **Food** - Choose high calorie, low bulk items that you know you can eat on the walk. Salty snacks such as nuts or crisps, chocolate, sweets such as jelly babies.
- **Electrolyte tablets** - Great to add to water to keep you hydrated
- **Mobile Phone** - Containing emergency contact numbers, guide's phone number and driver's phone number
- **Whistle**



On the bus:

- **Large holdall**
- **Spare clothes** - To change into between mountains & after the challenge
- **Sandals/Flip flops** – Allow feet to breath between walking
- **Sleeping bag and pillow** - To make yourself comfortable on the mini bus and for use in the Youth Hostel
- **Wash kit**
- **Food** - To aid recovery and boost endurance it's recommended that you consume high fat and protein sources, such as rice/potato-based meals and oats

