

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. This is a list of recommended kit to take on a UK challenge. We have tried to pare down this kit list to the absolute must-haves for your trek, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines at the bottom of this list!

## RUCKSACKS AND BAGS

- ☐ Day sack 30-40L
- ☐ Waterproof liner (a black bin bag is excellent)\*

## FOOTWEAR

- ☐ Walking boots with ankle protection and excellent, deep tread for grip
- ☐ Hiking socks
- ☐ Spare laces\*

## CLOTHING

- ☐ Waterproof and breathable jacket GORETEX recommended
- ☐ Waterproof overtrousers
- ☐ Windproof softshell or fleece jacket
- ☐ Lightweight fleece top
- ☐ Wicking t-shirt (not cotton)
- ☐ Trekking trousers (not jeans)
- ☐ Underwear
- ☐ Bandana/buff for the cold\*
- ☐ Balaclava/hat
- ☐ Insulated gloves
- ☐ Hiking shorts\*
- ☐ Change of clothes for after the challenge

## GENERAL TREKKING

### EQUIPMENT

- ☐ LED Head torch plus spare batteries (we attempt to always finish before dark, but sometimes this isn't possible and you should be prepared)
- ☐ Water bottles/bladder min 2L
- ☐ Sunglasses
- ☐ High energy snacks (tracker bars, dried fruit, chocolate, nuts)
- ☐ Plastic bags for keeping clothes and docs dry

- ☐ Walking poles\*
- ☐ Camera\*
- ☐ Contact lenses (plus spare glasses)\*
- ☐ Gaffa tape for emergency repairs\*

## SMALL FIRST AID KIT

- ☐ Pain killers
- ☐ Plasters
- ☐ Zinc oxide tape
- ☐ Compeed blister pads
- ☐ Antiseptic wipes
- ☐ Lip salve
- ☐ Sun cream
- ☐ Your own medication
- ☐ Deep heat\*
- ☐ Knee supporters\*

## DOCUMENTS

- ☐ Joining Instructions
- ☐ Emergency Contact numbers
- ☐ Cash (Debit and credit cards regularly aren't accepted in rural areas)
- ☐ Debit card
- ☐ Travel insurance\*

**KEY** \* Indicates Optional

## RUNNERS MANDATORY KIT

**Please note that the following equipment is mandatory and will be checked prior to the start of the event. Failure to carry any of these items will lead to you being unable to take part in the event.**

- ☐ Off-road running shoes (Road running shoes are not suitable for the event)
- ☐ Hydration bladder (minimum of 1L)
- ☐ Windproof/showerproof top
- ☐ Survival bag or blanket
- ☐ Fully charged mobile phone
- ☐ Emergency Contacts document
- ☐ Spare food with a minimum of 100kcal of nutrition
- ☐ Small first aid kit (see opposite)

Runners may also wish to consider any of the additional items listed for the trekkers.

# ADVICE FOR TREKKERS

## PACKING

Make sure that you are able to carry all the essential equipment for the trek in your rucksack. Even if the weather forecast is favourable then please make sure that you always carry enough warm layers and your waterproof jacket and trousers.

Your day sack should have a thick waist strap for maximum comfort. Other things to consider are back ventilation, hydration compatibility and gear loops for stowing walking poles. Waterproof liners or bags are essential for keeping valuables and clothes dry within your pack.

## CORRECT SHOES

We would highly recommend wearing walking boots for all of our UK challenges as the additional ankle support can prove invaluable for preventing injury and also prevent water and other objects entering your footwear. Increasingly people are choosing to complete challenges wearing walking shoes, as opposed to boots. These 'Trail Shoes' have the advantage of being lighter and more comfortable but do not afford the same protection as boots. If you are considering wearing trail shoes then please make sure that they have an excellent level of grip, with deep tread on the soles.

For this reason, normal sports trainers are not appropriate for completing our UK challenges. The lack of grip on trainers can prove to be extremely dangerous on loose, wet rocks. Our leaders will not allow you to take part in the challenge if you only bring trainers.

## CLOTHES

The weather in the UK can fluctuate enormously during your challenge. Lots of light layers are key, as well as a good quality waterproof jacket. A hat and gloves are also vital items of clothing for UK challenges. If possible, then try to bring two hats and two pairs of gloves as these items are often the most exposed to the elements. Make sure that you wear and test your kit before arrival, particularly your hiking boots.

## HYDRATION

Staying hydrated during your challenge is vital. There are various ways to get the right fluids into your body, with many people using water bladders or bottles. On all of UK challenges you should be prepared to carry with you all of the water you require for the whole day as you should not expect to be able to refill your water bottle. We would recommend that you carry at least 2L of water and that you make sure that you are fully hydrated in the morning before beginning your challenge.

## HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Compeed blister plasters cannot be recommended highly enough, but you are required to carry your own as your leaders will not be able to supply them to everyone. Zinc Oxide tape is a handy addition, as it is often a lifesaver for blisters. Tape up your feet before trekking and this will reduce the chance of you developing hotspots. In addition, when applying your sunscreen, make sure that you cover the backs of your hands as well as your face and neck. Although you may feel cold, the sun will be stronger on the mountain. Don't forget to take an SPF stick for your lips as well.

# ADVICE FOR RUNNERS

For those taking part in the running event you must recognise that this event follows remote routes where by you may be away from our immediate support networks. It is vital that you read the information below carefully and fully understand the nature of this event.

## COMPULSORY KIT

Please read the above compulsory kit very carefully and make sure that you arrive at registration with everything listed. Please also gear your additional kit towards the anticipated weather for the event. For example, if the weather forecast is for rain then consider carrying additional waterproof clothing. If the weather will be hot then consider additional water and sun protection.

At registration there will be a kit check for all runners. A failure to carry any of the compulsory kit will result in you being unable to take part in the challenge.

## CORRECT SHOES

Off-road running shoes are listed as compulsory. This is because the overwhelming amount of the terrain is on grass footpaths. There is very little road on this route. Road running shoes are not appropriate, even if the conditions are dry.

## CHECKPOINTS

There will be 5 major checkpoints spaced throughout the route.

At each checkpoint water and nutrition in the form of energy bars will be available.

At two checkpoints additional food will be available in the form of pasta salads, fruit, cake etc.

You must ensure that you are registered at each checkpoint. You must also ensure that you leave each checkpoint with sufficient water and nutrition to reach the next checkpoint. We require you to leave each checkpoint carrying 1L of water and nutrition with the nutritional content of 100kcal.

## MOBILE PHONES

A full charged mobile phone is also a part of your compulsory kit list. If you intend to use your mobile phone for route finding or for mapping your progress then please make sure you have sufficient battery life to last for the entire event. You should view your mobile phone as being used for emergency use only.