

# RidgeWalk KIT LIST

This is a list of recommended kit to take on Sense's RidgeWalk. We have tried to pare down this kit list to the absolute must-haves for your challenge, 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)\*

## AFTER THE CHALLENGE

- Small bag with spare clothes (this can be left in your car or at registration– please keep this to a minimum as space is limited).

## FOOTWEAR

- Walking boots with ankle protection and excellent deep tread for grip
- Hiking socks

## CLOTHING

- Waterproof and breathable jacket (Gore-Tex or similar recommended)
- Waterproof overtrousers
- Windproof softshell or fleece jacket
- Lightweight fleece top
- Wicking t-shirt
- Trekking trousers (not jeans)
- Underwear light and loose
- Warm hat
- Sun hat
- Gloves (preferably waterproof)

## TREKKING EQUIPMENT

- Water bottles/bladder (min. 2 Litres)
- High energy snacks (tracker bars, dried fruit, chocolate, nuts etc)
- Dry-bags (or plastic bags) for keeping clothes and documents dry
- LED Head torch plus spare batteries (it is vital that you have a good quality head torch with a strong beam of 80 Lumens and beam distance of at least 40m – ask an outdoor shop if you are unsure)
- Sunglasses\*
- Walking poles\*
- Camera\*

## SMALL FIRST AID KIT

- Pain killers
- Plasters
- Zinc oxide tape
- Compeed blister pads
- Antiseptic wipes
- Rehydration sachets
- Your own medication
- Knee supports\*
- Dextrose tablets for extra energy

## DOCUMENTS

- Final Details document (available in your Account Area one month before the challenge)
- Emergency Contact numbers
- Cash (Debit and credit cards aren't always accepted at small rural shops)
- Debit/Credit card

**KEY** \* Indicates Optional

If you do not own some of this equipment and do not wish to spend a lot of money on buying equipment then we would highly recommend hiring equipment from our partners at [Outdoorhire](#). They can hire really good quality outdoor equipment for weekends and often hiring a high quality piece of equipment is better than purchasing a cheap version.

# MAKING THE MOST OF YOUR KIT

## 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. 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 the RidgeWalk 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 these reasons 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, 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. Please remember that as this challenge takes place during both the night the temperature will change enormously whilst you are trekking. Please make sure you have enough layers to compensate for this.

## WATERPROOF TROUSERS

These are very commonly overlooked, but equally as important as a waterproof jacket. Whilst we appreciate that many people don't always own waterproof trousers they really are vital as wet legs lead to you getting just as cold as a wet torso (and pose a greater risk of developing hypothermia).

## HEAD TORCH

A head torch is a vital piece of kit for this challenge, along with enough spare batteries. A hand-held torch is not suitable as it does not allow you to keep your hands free. Your head torch should also be bright enough to light your way and for you to view the terrain a good distance in front of you. We would recommend a head torch with a beam strong enough to reach 40m in front of you (approximately 80 Lumens). If you do not wish to buy an expensive head torch then very good quality head torches can be hired for the weekend from our partners at Outdoor Hire (click [here](#) for details)

## 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. We would recommend that you carry at least 2L of water and that you make sure that you are fully hydrated before beginning your challenge.

## WALKING POLES

Walking poles are not essential kit. However, we receive many questions about using them. Anyone considering using poles on the challenge should make sure that they have experimented with using them during their training. For anyone who struggles with knee, or any joint, problems then walking poles can help significantly reduce the amount of strain being placed on your joints, particularly on any descents. They are also useful for helping with ascending up hill and many people find that they spread the load on your body more evenly during a long day of trekking.

## 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.