

# The Welsh 3000 Challenge, Kit List



The items listed below are purely recommendations. The list has been designed by the local ground handler and past challenge leaders; however, please take into account your personal preferences and common sense. We are open to further recommendations upon your return. See what you can borrow, and if you need to purchase any items, remember that you can get a 15% discount on equipment from **Nomad Travel Stores** (call 020 8889 7014 and quote the special discount reference **CC1001** or click here to shop with [Nomad Online](#)). Nomad Travel Stores will also put together a first aid kit specifically for your expeditions.

We have also negotiated a 15% discount with **Cotswold Outdoor Ltd** at any of their stores nationwide. You will need to quote AF-CHARITY-D7 when making your purchase either online ([www.cotswoldoutdoor.com](http://www.cotswoldoutdoor.com)), from the Cotswold Outdoor catalogues, or by mail order Tel. 0844 557 7755 Fax. 01666 575 507. Please [click here](#) to open full details of the scheme.

If you would prefer to hire kit, please contact outdoor hire <http://www.outdoorhire.co.uk/charity-challenge/>

Try to use your equipment before you go – particularly your rucksack, cycling kit, boots and sleeping bag (if camping) – this will show up any manufacturing faults and whether they are comfortable enough. Good footwear and care of the feet is most important. Well broken-in walking boots should be worn on treks. Trainers are too flimsy for wilderness treks and trainer boots are not appropriate. Sandals leave the feet exposed to sunburn, abrasions, thorns, insect and animal bites.

Bring as little as possible but bring everything you need. Travelling light is much less of a hassle, so do not bring things you can do without. If you need to wear jewellery, keep it simple and inexpensive. The general rule is that if you don't need it, don't bring it. Always keep your night clothes in a watertight bag to ensure they stay dry if there is a sudden downpour or if you are crossing water – you will have a much better night's sleep in dry clothing. Bring clothes that wash and dry easily (jeans, for example, take forever to dry and should not be worn on the trek).

Please note we strongly recommend you take the kit marked below. If you do not have suitable clothing for the conditions the leader has the right to send you back to the hostel.

item	take it?
<b>baggage</b>	
Soft Bag to be left in support vehicle (maximum 30-35litre capacity)	Yes
Day rucksack (for sun cream, camera, waterproofs, water bottle, snacks, personal first aid kit etc)	Yes
<b>clothing</b>	
Water & wind proof jacket & trousers (with zips to go over boots)	Yes
Walking boots (must have ankle support and be worn in)	Yes
Socks (woollen or wool mix, thick walking socks)	Yes
Long-sleeved shirt – quick dry thermal	Yes
Short sleeved shirt – quick dry thermal	Yes
Fleece jacket	Yes
Trousers (such as lightweight cargo trousers, no jeans for trekking)	Yes
Underwear	Yes
Shower proof gloves	Yes
Warm fleece hat or Balaclava (windy on summits even in height of summer)	Yes
Wide brimmed sun hat	Optional
Shorts	Optional
Down jacket	Optional
Set of evening clothes and shoes	Optional
<b>hygiene</b>	
Toothbrush & toothpaste, soap (anti bacterial & bio-degradable), shampoo/conditioner (bio-degradable), lip salve with sun protection, antiseptic wipes, deodorant, toilet paper/tissues, sun cream	Yes
Razor & cream, sanitary products, shower gel, hairbrush/comb, vaseline	Optional
<b>health</b>	
After sun/moisturiser	Yes
Sun protection	Yes

<b>documents</b>	
Cash	Yes
Credit card	Optional
<b>other</b>	
Snacks for duration of challenge (see Q&A for further advice)	Yes
Sunglasses	Yes
Water bottle (two 2 litre bottles minimum – platypus or equivalent are best)	Yes
Head torch (hands free & spare batteries + bulb)	Yes
Walking poles (great for the steep hills – recommended – but do train with them)	Optional
Camera & films/memory sticks/batteries	Optional
Binoculars	Optional
Contact lenses/glasses (bring spare lenses and glasses)	Optional
Penknife (pack in main luggage)	Optional
Note book and pen	Optional
Watch	Optional
Alarm clock / watch	Optional
Emergency Whistle	Optional
Spare boot laces	Optional
Ear Plugs & Eye Mask	Optional
<b>small first aid kit</b>	
Any medication you normally use	Yes
Adhesive dressing (plasters) / Compeed blister pads	Yes
Antiseptic spray	Optional
Pain killers/Paracetamol	Optional