

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 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

## FOOTWEAR

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

## CLOTHING

- Waterproof and breathable jacket (Gore-Tex or similar recommended)
- Wicking t-shirt
- Trekking trousers (not jeans)
- Warm hat
- Sun hat
- Gloves (preferably waterproof)
- Hiking shorts\*

## TREKKING EQUIPMENT

- Water bottles/bladder (min. 2 Litres)

- High energy snacks (tracker bars, dried fruit, chocolate, nuts etc)
- Sunglasses\*
- Walking poles\*
- Camera\*

## DOG EQUIPMENT

- Poo bags
- Collar
- Short lead (max of 1.5m, please no flexi or slip leads)
- Treats
- Water

## 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

# 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.

## 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.

## 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.

Please also make sure that you carry some spare water for your dog.

## DOG SPECIFIC EQUIPMENT

Please ensure that you bring with you everything that you would normally bring with you when taking your dog for a walk. You know your dog best, so please do as you would normally do!

All dog poo must be disposed of, so please bring plenty of poo bags. Waste bins will be available at each checkpoint.

Please ensure that your dog is wearing their collar. It is a requirement of this challenge that dogs are always kept on a lead. For this reason, we are asking everyone to bring with them a short lead of a maximum of 1.5m.

