

WALKERS' KIT

Walkers kit list Below is a guide line for the kit & equipment you should bring with you on the challenge. Please note we do not carry out kit checks, the below is just what we advise, it is up to you to choose what you think you will need.

Walkers' Clothing Kit List:

- Hiking boots / Trainers - Everyone has a different preference to their footwear and the essential thing here is to ensure that what you wear is comfortable and broken in!
- 1 pair medium/heavyweight walking socks per 25 km - Change your socks often to prevent blisters!
- Waterproof jacket with hood
- Light trekking trousers and/or shorts - Zip-offs are great for an easy change!
- Waterproof trekking trousers
- Micro fleece top for layering
- 1-2 Trekking t-shirts/base layer/breathable or wicking top
- Warm hat
- A bandana / buff or scarf
- Peaked / wide brimmed hat - cover your neck in the sun
- A cooling towel

Essential Kit List:

- Platypus/Camelback/bladder & Non-plastic water bottle - aim to carry 2L at all times
- Head Torch with spare batteries (mandatory for Full /slower Half Challengers)
- Sunglasses with 100% UV Protection
- UV protection Lip Balm
- Sun Screen - minimum 30SPF
- Wet wipes / Toilet Roll & Bag for used paper
- Hand Sanitizer
- Credit card / cash
- Mobile Phone + power bank - you must be contactable at all times during the Challenge
- First Aid Kit - including rehydration sachets • Blister Kit (including 'Compeed,' plasters and antiseptic cream, talc, zinc oxide tape)
- Pain Killers
- Antihistamines (if you know you get bitten / hay fever etc.)
- Immodium