

KIT LIST

SUMMER CONDITIONS

Make sure you pack according to the list. Remember that layers are the key, allowing you to adjust your temperature more easily. This list is the minimum requirement (not optional). You may be refused participation if your kit is not adequate for the weather conditions.

EQUIPMENT

Item required	Got	Packed
Rucksack – at least 25 litres		
Rucksack liner (or bin bag) to keep rain out!		
Trekking poles - highly recommended for tired legs on descent		
Suncream/sunglasses/sun hat		
Head torch (not a handheld torch or phone) + spare batteries		
Mobile phone in sealed plastic bag		
First Aid Kit - personal blister protection /Compeed, ibuprofen/painkillers, plasters		

FOOD / DRINK

Item required	Got	Packed
2 x 1 litre reusable water bottles (filled with water to start)		
Packed lunch		
Snacks / extra juice drinks		
Plastic bag to take your rubbish home		

CLOTHING

Item required	Got	Packed
Base layer or T-shirt (not cotton)		
Walking trousers (not jeans)		
Fleece jacket or top		
Spare warm layer in rucksack		
Waterproof jacket		
Waterproof trousers (separate to your walking trousers)		
Warm hat		
Warm gloves		

FOOTWEAR

Item required	Got	Packed
Sturdy, comfy walking boots with ankle support		
Comfortable walking socks + spare pair		

