

## Kit list

<b>For the Hill</b>	<b>Notes</b>
Boots *	Well broken in so you know they are comfortable
3 Pairs of Socks *	Good quality walking socks - 3 pairs so you have a dry pair for each mountain
Waterproof jacket *	
Waterproof trousers *	
3 Long / short sleeved shirts	Thermal wicking / technical type (not cotton) - 3 Dry / clean tops so one for each mountain
Fleece jacket	
Walking trousers	NOT JEANS
Shorts	
Gloves	Can be cold on the top even if warm in valleys
Warm hat	
Sun hat	
Rucsac *	Large enough for spare clothes, food and drink 25-35L minimum
Water bottles *	2 x 1L bottles / 2L platypus type bladder
Emergency survival bag*	
Whistle	
Head torch + batteries	Bring spare batteries as well
Sun cream	
Personal first aid kit	Include Compeed / blister plasters
Walking poles	Optional
Camera	Optional
Maps	Optional OS maps explorer 392, OL6, OL17
Sun glasses	Optional
<b>For the journeys</b>	
Dry change of clothes	
Comfortable footwear	
Polythene bags	To put wet/damp kit in
Baby wipes	
Towel	
<b>Overnight</b>	
Wash kit	
Underwear	

**Walking boots** This is the most important piece of kit you'll need as they make the difference in whether you will complete the challenge. There are leather and Goretex boots on the market and it's down to personal preference as to which ones you choose. Boots that cover your ankle fully are highly recommended as rocks can graze your ankles or even worse you could twist an ankle at the top of a mountain without correct support. Many stores will try and sell you trail shoes or trainers which are not sufficient for the terrain you are tackling.

**Walking socks** It is worth investing in three pairs of quality socks. Loop pile socks are excellent especially merino wool or similar coolmax styles. This is the difference between getting blisters or not. Some walkers also opt for liner socks to avoid rubbing but as long as you have a good thick wool sock you should be fine.

**Waterproofs** Both jacket and trousers are essential as mountain weather can change in an instant. You could cut back on cost by having cheaper trousers but buying a good jacket will pay off in the long run with the use it will get.

**Trousers** Ensure these are the lightweight and quick drying. They don't have to be expensive but a useful added feature is to have zip off legs in case it is hot, which saves you carrying shorts. Jeans or similar fabric are not suitable due to very little insulation when they are wet, the seams rubbing and poor drying ability.

**Rucksack** Everything you need on the mountains you'll be carrying so make sure you get the right rucksack size. Aim for a 25-35 litre's size and consider the air back style as this holds the rucksack away from your back allowing sweat to wick away. When you try your rucksack on in the shop it is worth asking them to put some weight inside so you can see how comfortable it will be. It is also worth putting your equipment into double plastic bags / dry bags to avoid it getting wet as no rucksack is fully waterproof.

**Bladder Pack** These are useful water packs that fit inside your rucksack and have a tube that fits to your bag strap. This helps you hydrate much more than a water bottle. It is best to buy a 2 litre bladder pack as this is the minimum requirement of fluid for each mountain.

**Survival bag** Very cheap to purchase but essential in an emergency. This is a large plastic bag (usually orange) that you can get into if injured or very cold. You shouldn't ever need to use it but just in case it is a life-saving piece of equipment for around £2.99.

**Packing Notes** I find it easier to have a bag packed for each mountain in my holdall in the bus. Each bag contains socks, spare top and trousers and spare water bottles. These clothes then serve as my travelling clothes.