

# 3 PEAKS KIT LIST



**Mandatory Kit** - This kit forms part of our safety procedures and has been specified with your welfare in mind. All items must be carried by anyone taking part. Anyone failing to carry any of the items listed in the mandatory section will not be permitted to take part.

**Recommended Kit** - Further items that you may consider bringing for the challenge are listed in the recommended section. This list has been based on recommendations from previous challenges, there may be other items you wish to bring so do take into account your personal preferences and use your common sense.

MANDATORY KIT	✓
<b>CLOTHING</b>	
Waterproof jacket and trousers with taped seams	
Mid layer – fleece jumper/coat not cotton	
Suitable trekking footwear such as walking boots, walking shoes	
<b>EQUIPMENT</b>	
Day pack (approx. 25 litres must be able to carry all mandatory kit)	
Head torch and spare batteries	
Water bottle (2 litres minimum or 2 x 1 litres) – ‘re-hydration systems’ are a great idea and highly recommended	
Route guide (provided at registration)	
<b>EMERGENCY KIT</b>	
Mobile phone (fully charged)	
Participant armband containing emergency procedures and contacts (provided at registration and must be worn)	
Whistle – for attracting attention in an emergency	
Emergency food supplies	
Warm hat and gloves	
Survival bag or blanket	
Basic first aid kit - must include as minimum: a triangular or conformable roller bandage, assorted adhesive dressings, gauze or gauze bandage suitable of compressing bleeding wounds, blister treatment kit	

RECOMMENDED KIT FOR TREKKING	✓
Walking poles (personal preference)	
Camera	
Map case for route guide	
Sun glasses	
Sun screen	
Quality base layer/technical t-shirt	
Lightweight trekking trousers	
Additional warm layer windbreaker jacket or primaloft	
Sun hat	
Buff or neckwarmer	
Change of socks x 3	

RECOMMENDED KIT FOR DURING THE CHALLENGE	✓
Large holdall to transport main luggage	
Comfortable clothing and footwear for travel	
Wash kit - toothbrush, toothpaste, shampoo, tissues, deodorant, sanitary products, towel	
Ear plugs – useful when sharing a room or trying to sleep in the vehicle	
Travel Pillow and blanket	
Insect repellent	
Talcum powder for feet	
Vaseline or similar to deal with chafing	
Snacks for during travel in the support vehicle	
Dry bag for wet clothes	

