

LAKES 4 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	✓
CLOTHING	
Waterproof jacket and trousers with taped seams	
Mid layer – fleece jumper/ coat not cotton	
Suitable trekking footwear such as walking boots, walking shoes	
EQUIPMENT	
Day pack (approx. 25 litres must be able to carry all mandatory kit)	
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)	
EMERGENCY KIT	
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	
Talcum powder for feet	
Vaseline or similar to deal with chafing	
Quality base layer/ technical t-shirt	
Lightweight trekking trousers	
Change of socks	
Additional warm layer windbreaker jacket or primaloft	
Sun hat	

RECOMMENDED KIT FOR DURING THE CHALLENGE	✓
Large holdall to transport main luggage	
Casual clothing and footwear for evenings	
Wash kit - toothbrush, toothpaste, shampoo, tissues, deodorant, sanitary products, towel	
Ear plugs – useful when sharing a tent	
Sleeping bag (2 -3 Season)	
Sleeping mat	
Travel pillow	
Insect repellent	

