

3 Peaks Challenge Kit List

Clothing

- Walking Socks
- Waterproof Socks
- Walking Boots
- Base Layers - Shorts, Tights, Upper Body
- Walking Trousers
- Walking / Wind Proof Jacket
- Rain Jacket
- Fleece or Warm Jumper
- Hat, Gloves, Balaclava
- Spare Walking Clothes

Other Clothing

- Casual Clothing (for when not trekking)
- Shoes / Trainers / Flip Flops (for when not trekking)
- Bath Towel
- Light Blanket / Sleeping Bag (for when on the minibus & at the accommodation)

Luggage / Packing Equipment

- Day Back Pack (to take up the mountains)
- Packing Sacks and Dry Sacks
- Holdall (for everything else left on the minibus)

Plastic Bag (for web clothes)

Camelbak / Water Bottle

Walking Equipment

Head Torch & Spare Batteries

Mini First Aid Kit, Pain Killers, Blister Plasters and Vaseline

Insect Repellent, Sun Cream and Sunglasses

Whistle and Compass

Mobile Phone

Hygiene & Health

Toiletries

Sun Protection

Baby Wipes (or similar)

Toilet Roll

Prescribed Medication (if applicable)

Anti-Nausea Tablets / Bands (for the minibus)

Other Optional Equipment

Walking Poles

Neck Pillow, Eye Mask, Ear Plugs (to help with sleep on the minibus)

Camera

**Maps

**Emergency Equipment – Silver Blanket, Survival Bag

****All of our guides will have Emergency Equipment and Maps with them.**