

## 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)
- Light Blanket / Sleeping Bag (for when on the minibus)

### Luggage / Packing Equipment

- Day Back Pack (to take on the mountains) - This would be a Personal Preference regarding which size however 40-45L in our opinion would be fine)
- Packing Sacks and Dry Sacks
- Holdall (for everything left on the minibus)

Plastic Bag (for wet clothes)

Camelbak / Water Bottle (This would be a Personal Preference regarding which size Camelbak however 2L in our opinion would be fine)

### **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

Bath Towel, Hand Towel and Flannel

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

Power Bank Charger(s)

\*\*Maps

\*\*Emergency Equipment – Silver Blanket, Survival Bag

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