

Welsh 3 Peaks Challenge Kit List



Clothing

- Walking Boots
- Walking Socks
- Waterproof Socks
- Base Layers - Shorts, Tights, Upper Body
- Walking Trousers
- Walking, Wind Proof Jacket
- Rain Jacket
- Fleece or Warm Jumper
- Hat, Gloves, Balaclava
- Spare Walking Clothes (if it rains)
- Shoes / Trainers / Flip Flops (for when not trekking)

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, Blister Plasters, Pain Killers, Vaseline

Insect Repellent, Sun Cream, Sunglasses

Whistle, Compass

Mobile Phone

Hygiene & Health

Toiletries

Hand Towel and Flannel

Toilet Roll

Prescribed Medication (if applicable)

Anti-Nausea Tablets / Bands (for the minibus)

Other Optional Equipment

Walking Poles

Light Blanket / Neck Pillow / Eye Mask / Ear Plugs (to help rest on the minibus)

Camera

Power Bank Charger(s)

**Maps

**Emergency Equipment – Silver Blanket, Survival Bag

**Our Mountain Team will also have Emergency Equipment and Maps with them.