



## Welsh 3 Peaks Challenge Kit List

### **Clothing**

- Walking Boots
- Walking Socks
- Waterproof Socks
- Base Layers – Shorts / Tights / Upper Body
- Walking Trousers
- Walking / Windproof Jacket
- Rain Jacket
- Fleece / Warm Jumper
- Hat, Gloves, Scarf

### **Luggage / Packing Equipment**

- Day Rucksack
- Packing Sacks / Dry Sacks
- Camelbak / Water Bottle

### **Hygiene / Health**

- Toiletries
- Baby Wipes (or similar)
- Toilet Paper
- Prescribed Medication (if applicable)

### **Walking Equipment**

- Head Torch & Spare Batteries
- Mini First Aid Kit\*\* / Plasters / Blister Plasters / Pain Killers / Vaseline
- Insect Repellent / Sun Cream / Sunglasses
- Whistle / Compass
- Mobile Phone

### **Nutrition (Suggestions Only)**

- Energy Bars / Trek Bars
- Nuts / Seeds / Dry Fruit
- Malt Loaf / Banana Cake
- Sweets (e.g Jelly Babies)
- Protein Shake
- Protein / Recovery Bars

### **Other Optional Equipment**

- Walking Poles
- Cameras
- Maps
- Emergency Equipment – Silver Blanket / Survival Bag\*\*

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