

Yorkshire 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 or Scarf
- Spare Walking Clothes (if it rains)

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
- 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 & Flannel

Toilet Roll

Prescribed Medication (if applicable)

Other Optional Equipment

Walking Poles

Camera

Power Bank Charger(s)

****Maps**

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

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