



Yorkshire 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

- Rucksack
- Packing Sack / Dry Sack
- 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

We provide one heated meal (**Beyond The Beaten Track Meals**) during the challenge however we recommend you bring additional food that is energy dense, light to carry and easy to eat on the mountains.

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.