



## **Personal Kit List**

**What we wear to start the day will vary depending on the weather forecast. As we get warmer going up the mountain, please ensure you have room in your bag to take layers off. Equally when we summit you will need to put these layers back on to keep warm on the descent. Please note that you will need to carry everything for this challenge and leave no trace behind which means carrying any rubbish back down.**

### **Clothing:**

- Walking boots with ankle support rather than trainers or trail shoes. These give vital support to ankles throughout the walk and reduce the risk of injury. Ensure these have been broken in before the walk. Check your laces are in good order.
- Walking socks
- Lightweight walking trousers
- Long sleeved base layers
- Warmer fleece layers
- Waterproof / windproof jacket
- Hat, Buff & warm gloves

### **Carrying:**

- Rucksack – 20 – 30ltr
- Water – 2 litres
- Snacks – dried fruit, cereal bars, nuts, pasta, sandwiches
- Waterproofs or windproof if good weather predicted
- Hat / Sunglasses / Suncreams
- Personal medications – include some Compeed or similar in this as blisters are common.
- Space for fleece layers
- Mobile phone
- Gloves / spare dry socks

### **Optional Extras:**

- Walking poles can be great but please get used to them before the walk.
- Maps (although your Mountain Leaders will have these)
- Small flask for a warm drink on the summit