

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. This is a list of recommended kit to take on this challenge. We have tried to pare down this kit list to the absolute must-haves for your challenge, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines at the bottom of this list!

RUCKSACKS AND BAGS

- Day sack 25-30L
- Large Rucksack/Duffle bag
- Waterproof liner*

SLEEPING

- 3 season sleeping bag comfort rating of 0 degrees
- Sleeping mat
- Sleeping bag liner*
- Pillow*

FOOTWEAR

- Walking boots/shoes. Must have appropriate grip for rocky/wet terrain
- Hiking socks
- Trainers/Sandals for evenings
- Spare laces*

CLOTHING

- Hardwearing waterproof and breathable jacket. GORE-TEX recommended
- Waterproof overtrousers
- Down jacket or similar for evenings
- Fleece top – very cold at night
- Wicking t-shirts
- Trekking trousers (not jeans)
- Thermals
- Long-sleeved shirt
- Bandana/buff/scarf for the sun/cold
- Woolly hat and sun hat
- Gloves for the cold and rain
- Casual clothes for evenings
- Hiking shorts*

GENERAL TREKKING EQUIPMENT

- LED Head torch plus spare batteries
- Water bottles/bladder min 3l
- Sunglasses
- High energy snacks (cereal bars, dried fruit, chocolate, nuts)
- Plastic bags/zip lock for keeping clothes and docs dry
- Walking poles
- Camera*
- Contact lenses (plus spare glasses)*
- Gaffa tape *
- Ear plugs*

GORGE WALKING EQUIPMENT

Please have the following kit packed in a separate bag to your main luggage. Please take this kit with you on the coach when you arrive.

- Swimming shorts/costume
- Shorts to go over wetsuit
- Robust trainers/boots that you don't mind getting wet
- Towel

PLEASE NOTE:

All safety equipment (buoyancy aid, wetsuit and helmet) is provided for you.

SMALL FIRST AID KIT

- Your own medication
- Pain killers
- Plasters
- Zinc oxide tape
- Blister pads such as Compeed
- Antiseptic wipes

- Diarrhoea tablets
- Rehydration sachets
- Dextrose tablets for extra energy*
- Deep heat*
- Knee supports*

TOILETRIES

- Personal toiletries
- Tissue/toilet paper during trek
- Sun screen (min factor 30), Aftersun/moisturiser
- Talcum powder*
- Anti-bacterial hand gel
- Dry wash/wet wipes*

DOCUMENTS

- Cash
- Debit / credit card
- Copy of travel insurance*

KEY * Indicates Optional

If you do not own some of this equipment and do not wish to spend a lot of money on buying equipment then we would highly recommend hiring equipment from our partners at **Outdoorhire**. They can hire really good quality outdoor equipment for weekends and often hiring a high quality piece of equipment is better than purchasing a cheap version

MAKING THE MOST OF YOUR KIT

PACKING

As no formal clothes are needed, luggage should be kept to the absolute minimum as it will need to be stored inside your tent. We would also recommend that you organise your kit into different labelled bags so that you can easily find different parts of your kit. Your day sack should have a thick waist strap for maximum comfort. Other things to consider are back ventilation, hydration compatibility and gear loops for stowing walking poles. Waterproof liners or bags are essential for keeping valuables and clothes dry within your pack.

CLOTHES

Weather and temperature can fluctuate enormously from one day to the next so it's best to be prepared for everything! Lots of light layers and waterproofs are key, and a warm jacket, such as a synthetic or down jacket, is a great idea for the evenings that can be cold when you sit outside. Make sure that you wear and test your kit before arrival, particularly your hiking boots.

SLEEPING

Look for a sleeping bag 'Comfort Rated' as close to the anticipated minimum temperature for your trek. For this trek this should be between 10° and 0° C. If you particularly feel the cold then upgrade your sleeping bag to the next level e.g. from 3 Season to 4 Season. Don't forget to consider a silk sleeping bag liner for extra comfort and warmth.

GORGE WALKING

For the gorge walking section, you will be provided with a wetsuit, buoyancy aid and helmet along with full safety instruction. Underneath the wetsuit you will need to wear a swimming outfit. You will also need to wear a pair of shorts over the top of the wetsuit. You must also bring a pair of robust trainers or boots that you are happy to get very wet. You should also bring a towel to dry yourself after the activity. Please arrive at the challenge with your gorge walking kit in a separate bag to your main luggage. Please take this smaller bag onto the coach with you. This is so that we don't need to unload the main luggage from the coach when we arrive at the gorge walking location.

HYDRATION

During exercise your fluid needs increase dramatically and hydration is vital. There are various ways to get the right fluids into your body, with many people using water bladders or bottles. You should ensure that you can carry at least 2 litres of water with you on the trek. You will be able to refill your water bottles during each day, but you can trek for 3-4 hours between refill points. You should carry a 1 litre water bottle as this can act as a spare if the bladder is split.

HEALTH

Make sure you take a first-aid kit with you. Kinesiology, or K-Tape, is a handy addition, as it is often a lifesaver for blisters. Tape up your feet before trekking and this will reduce the chance of you developing hotspots.

CORRECT SHOES

We would highly recommend wearing walking boots for all of our UK challenges as the additional ankle support can prove invaluable for preventing injury and also prevent water and other objects entering your footwear. Increasingly people are choosing to complete challenges wearing walking shoes, as opposed to boots. These 'Trail Shoes' have the advantage of being lighter and more comfortable but do not afford the same protection as boots. If you are considering wearing trail shoes then please make sure that they have an excellent level of grip, with deep tread on the soles. For this reason, normal sports trainers are not appropriate for completing our UK challenges. The lack of grip on trainers can prove to be extremely dangerous on loose, wet rocks.

WALKING POLES

Walking poles are not essential kit. However, we receive many questions about using them. Anyone considering using poles on the challenge should make sure that they have experimented with using them during their training. For anyone who struggles with knee, or any joint, problems then walking poles can help significantly reduce the amount of strain being placed on your joints, particularly on any descents. They are also useful for helping with ascending up hill and many people find that they spread the load on your body more evenly during a long day of trekking.

