

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 a UK 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 30-40L
- Waterproof liner (a black bin bag is excellent)*

ACCOMMODATION

- Personal toiletries

FOOTWEAR

- Walking boots with ankle protection and excellent deep tread for grip
- Hiking socks

CLOTHING

- Waterproof and breathable jacket (Gore-Tex or similar recommended)
- Waterproof overtrousers
- Windproof softshell or fleece jacket
- Lightweight fleece top
- Wicking t-shirt
- Trekking trousers (not jeans)
- Underwear light and loose
- Warm hat
- Sun hat
- Gloves (preferably waterproof)
- Change of clothes for after the challenge*
- Hiking shorts*

TREKKING EQUIPMENT

- Water bottles/bladder (min. 2 Litres)
- High energy snacks (tracker bars, dried fruit, chocolate, nuts etc)
- Dry-bags (or plastic bags) for keeping clothes and documents dry
- LED Head torch plus spare batteries
- Sunglasses*
- Walking poles*
- Camera*

SMALL FIRST AID KIT

- Pain killers
- Plasters
- Zinc oxide tape
- Compeed blister pads
- Antiseptic wipes
- Rehydration sachets
- Your own medication
- Knee supporters*
- Aftersun
- Sun protection (min. factor 30)
- Dextrose tablets for extra energy

ON THE BUS

- Small bag with spare clothes (this can be left on the bus)
- Additional warm top
- Small travel pillow*
- Eye mask*
- Ear plugs*

DOCUMENTS

- Final Details document (available in your Account Area one month before the challenge)
- Emergency Contact numbers
- Cash (Debit and credit cards aren't always accepted at small rural shops)
- Debit/Credit card
- 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

ON THE BUS

You will spend a considerable amount of time on the bus so please consider packing extra items that will keep you comfortable such as a travel pillow and an additional warm top. It is important to recognise that space on the buses is limited and so please keep these items to an absolute minimum.

SPARE CLOTHES

You will be able to leave a small bag with the bus during the challenge for spare clothes and toiletries. This bag will be stored in the luggage hold or on a separate trailer. These bags are not accessible at all times, and so we would ask everyone to minimise needing to access these bags once the challenge begins. Space is very limited so please pack on a small, soft bag. These bags will be left on the bus so please don't leave any valuables in this bag as all bags are left at your own risk.

PACKING FOR THE TREK

Make sure that you are able to carry all the essential equipment for the trek in your rucksack. Even if the weather forecast is favourable then please make sure that you always carry enough warm layers and your waterproof jacket and trousers. Your day sack should have a thick waist strap for maximum comfort. Waterproof liners or bags are essential for keeping valuables and clothes dry within your pack.

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. Our leaders will not allow you to take part in the challenge if you only bring trainers.

CLOTHES

The weather in the UK can fluctuate enormously during your challenge. Lots of light layers are key, as well as a good quality waterproof jacket and trousers. A hat and gloves are also vital items of clothing for UK challenges. If possible, then try to bring two hats and two pairs of gloves as these items are often the most exposed to the elements. Make sure that you wear and test your kit before arrival, particularly your hiking boots.

HYDRATION

Staying hydrated during your challenge is vital. There are various ways to get the right fluids into your body, with many people using water bladders or bottles. On all of UK challenges you should be prepared to carry with you all of the water you require for the whole day as you should not expect to be able to refill your water bottle. We would recommend that you carry at least 2L of water and that you make sure that you are fully hydrated in the morning before beginning your challenge.

HEAD TORCH

A head torch is a vital piece of kit for this challenge, along with enough spare batteries. A hand-held torch is not really suitable as it does not allow you to keep your hands free. Your head torch should also be bright enough to light your way and for you to view the terrain a good distance in front of you. We would recommend a head torch with a beam strong enough to reach 40m in front of you (approximately 80 Lumens). If you do not wish to buy an expensive head torch then very good quality head torches can be hired for the weekend from our partners at Outdoor Hire (click [here](#) for details)

HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Compeed blister plasters cannot be recommended highly enough, but you are required to carry your own as your leaders will not be able to supply them to everyone. Zinc Oxide 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. In addition, when applying your sunscreen, make sure that you cover the backs of your hands as well as your face and neck. Although you may feel cold, the sun will be stronger on the mountain. Don't forget to take an SPF stick for your lips as well.

