

# Suggested Kit list

Below is a comprehensive list of essential and optional items for when organising your own Three Peaks Challenge. This is not an exhaustive list so you may wish to add items but the below will aid your safety on the mountain and help you be more comfortable during the event.

**You must have all essential items before taking part in the challenge for WellChild.**

You don't have to spend a fortune on kit but it is best to buy good boots, socks and waterproofs. If you need advice please call the Challenge Events Team at WellChild on 01242 548 761 and we can assist. WellChild fundraisers are able to **obtain a 15% discount at Cotswold Outdoor using a discount code that will be posted to you.**

## Essential items

- Walking boots (must cover your ankles)\*
- Walking socks (3 pairs)\*
- Waterproof jacket and trousers\*
- Warm fleece
- T-shirts (x3 technical ones are best)
- Walking trousers (x2 ones that convert to shorts are best)
- Underwear
- Warm gloves and hat (wool ones are best + spares)
- Sun hat
- Rucksack (25-35 litre capacity)\*
- Bin bags (used to store dirty/wet clothes)
- Water bottle or Bladder pack (2 litre minimum)\*
- Extra food (preferably high carb)
- Basic first aid kit (including blister plasters and paracetamol)
- Safety whistle
- Survival bag\*
- Comfortable/warm clothes & wash kit
- Head torch

## Optional extras to be more comfortable

- Small thermos flask
- Waterproof gaiters
- Walking poles (if you have knee problems then these are recommended)
- Camera
- Ear plugs (to get a good sleep while travelling)
- Lip balm
- Vaseline
- Cooling foot spray or foot powder
- Baby wipes

**\*Find out more about these items.**

### Walking boots



This is the most important piece of kit you'll need as they make the difference in whether you will complete the challenge. There are leather and Goretex boots on the market and it's down to personal preference as to which ones you choose. Boots that cover your ankle fully are highly recommended as rocks can graze your ankles or even worse you could twist an ankle at the top of a mountain without correct support. Many stores will try and sell you trail shoes or trainers which are not sufficient for the terrain you are tackling.



### Walking socks

It is worth investing in three pairs of quality socks. Loop pile socks are excellent especially merino wool or similar coolmax styles. This is the difference between getting blisters or not. Some walkers also opt for liner socks to avoid rubbing but as long as you have a good thick wool sock you should be fine.

### Waterproofs

Both jacket and trousers are essential as mountain weather can change in an instant. You could cut back on cost by having cheaper trousers but buying a good jacket will pay off in the long run with the use it will get.

### Trousers

Ensure these are the lightweight and quick drying. They don't have to be expensive but a useful added feature is to have zip off legs in case it is hot, which saves you carrying shorts. Jeans or similar fabric are not suitable due to the seams rubbing and poor drying ability.

### Rucksack

Everything you need on the mountains you'll be carrying so make sure you get the right rucksack size. Aim for a 25-35 litre's size and consider the air back style as this hold the rucksack away from your back allowing sweat to wick away. When you try your rucksack on in the shop it is worth asking them to put some weight inside so you can see how comfortable it will be. It is also worth putting your equipment into double plastic bags to avoid it getting wet as no rucksack is fully waterproof.

### Bladder Pack

These are useful water packs that fit inside your rucksack and have a tube that fits to your bag strap. This helps you hydrate much more than a water bottle. It is best to buy a 2 litre bladder pack as this is the minimum requirement of fluid for each mountain.

### Survival bag

Very cheap to purchase but essential in an emergency. This is a large plastic bag (usually orange) that you can get into if injured or very cold. You shouldn't ever need to use it but just in case it is a life-saving piece of equipment for around £2.99.



**If you are taking part in the Three Peaks Challenge for WellChild, please contact us to be issued a 15% discount code for Cotswold Outdoor.**

**For store locations, or to request a copy of the Cotswold Outdoor catalogue, please visit [www.cotswoldoutdoor.com](http://www.cotswoldoutdoor.com) or telephone 0870 4427755.**