

three peaks challenge, kit list



The items listed below are purely recommendations however without the items marked as 'yes' asking you to take them, your expedition leader may not allow you to continue with the challenge. The list has been designed by the local Ground Handler however please take into account your personal preferences and common sense, some items we recommend are for your own safety in case of emergency. We are open to further recommendations upon your return. See what you can borrow, and if you need to purchase any items, remember that you can get a 10% discount on equipment from Nomad Travel Stores (call 020 8889 7014, or visit www.nomadtravel.co.uk) on presentation of your itinerary. Nomad Travellers Stores will also put together a first aid kit specifically for your expeditions. If you would prefer to hire kit, please contact Trek Hire (01732 865858 or visit www.trekhireuk.com).

Try to use your equipment before you go – particularly your day sack and boots – this will show up any manufacturing faults and whether they are comfortable enough. Good footwear and care of the feet is most important. Well broken-in walking boots should be worn. Trekking trainers are too flimsy for the type of terrain and possible weather conditions encountered on this challenge.

Bring as little as possible but bring everything you need. Travelling light is much less of a hassle, so do not bring things you can do without. The general rule is that if you don't need it, don't bring it.

item	take it?
baggage	
Soft Bag to be left in support vehicle (maximum 30-35litre capacity)	Yes
Day rucksack (for sun cream, camera, waterproofs, water bottle, snacks, personal first aid kit etc)	Yes
clothing	
Water & wind proof jacket & trousers (with zips to go over boots)	Yes
Walking boots (sturdy well worn in canvas or leather boots)	Yes
Socks (woollen or wool mix, thick walking socks)	Yes
Long-sleeved shirt – quick dry thermal	Yes
Short sleeved shirt – quick dry thermal	Yes
Fleece jacket	Yes
Down jacket	Optional
Trousers (such as lightweight cargo trousers, no jeans for trekking)	Yes
Shorts	Optional
Wide brimmed sun hat	Yes
Warm fleece hat or Balaclava (windy on summit even in height of summer)	Yes
Shower proof gloves (windy on summit even in height of summer)	Yes
Underwear	Yes
Set of evening clothes and shoes	Optional
hygiene	
Toothbrush & toothpaste, soap (anti bacterial & bio-degradable), shampoo/conditioner (bio-degradable), lip salve with sun protection, antiseptic wipes, deodorant, toilet paper/tissues, sun cream	Yes
Razor & cream, sanitary products, shower gel, hairbrush/comb, vaseline	Optional
health	
After sun/moisturiser	Yes
Sun protection	Yes
documents	
Cash	Yes
Credit card	Optional
Travel insurance	Yes

other	
Snacks for duration of challenge (see Q&A for further advice)	Yes
Walking poles (great for the steep hills - recommended)	Optional
Camera & films/memory sticks/batteries	Optional
Binoculars	Optional
Sunglasses	Yes
Contact lenses/glasses (bring spare lenses and glasses)	Optional
Penknife (pack in main luggage)	Optional
Note book and pen	Optional
Watch	Optional
Alarm clock / watch	Optional
Head torch (hands free & spare batteries + bulb)	Yes
Water bottle (two 2 litre bottles minimum – platypus or equivalent are best)	Yes
Ear plugs & eye mask	Optional
Spare boot laces	Yes
small first aid kit	
Pain killers/Paracetamol	Optional
Adhesive dressing (plasters) / Compeed blister pads	Yes
Antiseptic spray	Optional
Any medication you normally use	Yes