

FITNESS

As a challenging event it's important that you're prepared physically for the walk. We encourage you do regular weekly exercise. People with heart disease, high blood pressure, chest problems, pregnant women etc should not attempt this walk. If you are in any doubt about your health or fitness, may we request that you contact your GP for advice. **Walkers must be over 14 years old and if under 17 years they must be accompanied by an experienced adult walker.**

IMPORTANT

Due to the demanding nature of this challenge some items of kit are necessary in order to ensure your personal comfort and safety. You are expected to be equipped with the items listed below, some of which are essential. On the day of the event a mountain leader will check your kit and in extreme cases reserves the right to disallow participants if 'essential kit' is inadequate.

ESSENTIAL KIT

- Boots - a fairly flexible pair of walking boots with good lateral stiffness and well kept strong soles, adequate for hill walking. They should have a high ankle support and should not be smooth-soled. Trainers are not acceptable. To avoid blisters it's best to wear a good quality pair of walking socks and make sure your boots are broken in. If you don't have a pair of walking socks, then wearing two pairs of socks (one thick-one thin) will be better than one pair of non-walking socks. If you are prone to blisters please pre-plaster the points which suffer most.
- Spare clothing - additional layers of clothing suitable for both warm and cold weather conditions. Stretchy tracksuit trousers are perfectly adequate, as are shorts and walking trousers – not jeans.
- Rucksack - small to medium volume (big enough to carry spare clothing, food, water bottle, camera).
- Fully waterproof (not showerproof) jacket and overtrousers. NB. These are separate from your base layer trousers.
- Warm kit - sunglasses, sun cream and sun hat.
- Cold kit – woolly hat, gloves, scarf if a cold day.
- Flask and/or bottle of water and packed lunch – it is important that you carry water to ensure you don't become dehydrated. Also carry enough food/snacks to keep you going for the duration of the walk.
- Mobile phone – everyone must take a mobile phone with them on the walk. If you do not have a mobile phone, make sure you walk and stay with a fellow walker who has a phone.
- Survival bag and whistle – person-sized plastic survival bag available in outdoor shops.

SUGGESTED KIT

- Walking or ski poles - these are recommended for support, especially in descent for tired legs and for boosting you uphill.
- Emergency rations - chocolate and nuts are good sources of energy.
- Equipment: compass/torch and spare batteries.
- Personal first aid kit
- Map – OS map of the area.

MOBILE PHONE

Please ensure you bring a mobile phone with you or have a least one in your walking party. You will be asked to provide the number for this phone. Ensure this number is correct and readable and your phone is fully charged.