



Your essential kit list

If you're missing any essential kit on the day, you won't be able to take part, so please check off the items carefully to ensure you're equipped and ready to trek.



**Marie
Curie**

Essential kit

- Alcohol-based hand sanitiser** – we'll be out in nature and away from handwashing facilities, so it's important to have this with you to keep your hands clean. Make sure it has 70% alcohol content.
- Suitable footwear** – this means walking boots for hill walking, not trainers. Your boots should have good lateral stiffness, ankle support and strong, well-kept and grippy soles. To avoid getting blisters, make sure you've broken them in before your trek and wear good-quality walking socks. Think about a spare pair of socks to change into halfway through the trek.
- Suitable clothing** – wearing layers gives you flexibility and warmth. For your top half, we suggest a base layer (Dryflo or wool wicking top), mid layer (microfleece) and outer layer (good-quality fleece). Below that, wear stretchy tracksuit bottoms, shorts or walking trousers (not jeans as these can get really heavy when wet and take a long time to dry). Bring extra layers for hot and cold conditions, too – such as thermal leggings for extra warmth.
- Waterproofs** – the weather can change quickly on a trek, so a good quality waterproof jacket and trousers (Gore-Tex, for example) are essential.
- Rucksack** – 25-30 litres should be fine for carrying what you need on the day.
- Warm weather kit** – sunglasses, sun cream and a sun hat.
- Cold weather kit** – woolly hat, gloves and scarf.
- Food and drink** – you'll need two litres of water so you can stay hydrated, a packed lunch or enough snacks to keep you going through your trek! Savoury snacks like nuts, an extra sandwich and crackers can be great as well as dried fruit, snack bars and chocolate. You could also bring a flask of hot drink too – tea, coffee or hot squash are ideal in colder weather.
- Phone** – you or someone in your team should have a charged mobile phone, stored in a waterproof bag. You'll need to share your phone number with us at registration, if you haven't done so already.
- Foil blanket and survival bag** – it's unlikely you'll need to use these, but they'll be essential for keeping you warm in an emergency.
- Torch and spare batteries** – if there's a problem and you're on the mountain in the dark, you'll rely on this.
- Head torch** – for any trek, it's handy to have one of these, but if you're doing the **Snowdon night trek**, it's an essential. Don't forget spare batteries, too.
- Whistle** – again, this is useful in an emergency if you need to draw attention to yourself, or you become separated from the group.

Useful extras

- Phone charging pack** – handy as a back-up power supply, just in case.
- Blister plasters** – there's nothing like sore, unprotected feet to put a downer on your trek, so come prepared with these in case you need them.
- Insect repellent** – keep those pesky critters at bay! Especially useful if you're doing the **Yorkshire Three Peaks** or **Ben Nevis** treks.