

## Three Peaks Challenge

### Walkers Equipment Information

#### Equipment & Clothing Explained

The following Equipment & Clothing List is recommended as a general guide only, and is offered for groups attempting a SUMMER CHALLENGE only. Winter conditions will require other equipment, not mentioned here.

**Please do not remove this frontpage.**

Three Peaks Challenge & Adventure Activities  
Transport, logistics, mountain guiding, to full event arrangement

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Event Support & Logistics

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### **Individual Walkers Kit List**

Wicking Base Layer 'T' Shirt  
Thermal Shirt or Fleece Jacket  
Waterproof Jacket  
Walking Trousers or Leggings  
Waterproof Overtrousers  
Walking Boots  
Hat & Gloves

Small Rucksack/Daysack  
Head Torch & Batteries  
Bivvy Bag  
Whistle  
First Aid Kit  
Food  
Drinks

*Training shoes and fell running shoes are not suitable for this challenge.  
Cotton 'T' shirts and jeans should not be worn.*

### **Group Safety Equipment**

Map & Compass  
Small Cooker, Fuel & Pan  
Bothy/Group Shelter  
Emergency food & drinks  
Small Sleeping Bag  
Mobile Phone

### **Other Equipment (Recommended)**

Walking/Trekking Poles  
GPS System  
Powerful Hand Torch  
Insect Repellent  
Sun Cream/ Sun Glasses

## **Kit Requirements Explained.**

**Wicking Base Layer 'T' Shirt:** Cotton 'T' shirts will quickly become soaked either by the rain, or by perspiration, and offer no insulating properties. A synthetic base layer designed for active sports will not only be more comfortable, but can be a life-saver if you have to stop on the hill for a period of time. Top of the range base layers may cost around £60, Helly Hansen offer the famous 'Lifa' tops at around £20-£30, Tesco and Asda may offer some sports items, and you can get much cheaper 'Crane' sports items from Aldi. All a good investment for walking in the mountains.

**Thermal Shirt or Fleece Jacket:** Your mid layer. The more ventilation options the better, but a minimum of half zip jacket or button pullover style should be OK. A fleece may take up more room in your rucksack, but will offer more warmth on a cooler day. Windproof and water resistant shirts and fleeces are more versatile, but at a greater cost.

**Waterproof Jacket:** Your outer, or shell layer. Investing in the best waterproof jacket you can afford is a wise way to spend money for this item. Get some advice from an outdoor shop assistant, and research the best value for money and performance features in magazines, outdoor websites, etc. Look for something that is both waterproof and breathable. Your choice should be based on your usual outdoor activity requirements, as waterproof jackets vary hugely – seek advice... From around £50 to anywhere over £300.

**Walking Trousers or Leggings:** Trousers are any trousers, slacks or bags designed for walking/trekking. Those with removable lower legs can be more versatile. Leggings are any leg cover similar to Ron Hills. *Jeans are NOT acceptable and should not be allowed.*

**Waterproof Overtrousers:** Any kind of synthetic overtrousers that offer some extra protection will be acceptable. If purchasing especially for this event, look for garments which have half-leg zips to enable pulling on these leggings when wearing walking boots.

**Walking Boots:** Any kind of boots specifically designed for walking/trekking. If purchasing for this challenge – seek advice, and do some practice walks beforehand. Don't wear brand new boots for this event! *Running teams should note that training shoes and fell shoes are not acceptable for this challenge.*

**Hat & Gloves:** It is wise to bring a selection of hats and gloves. Baseball caps and desert hats can help in hot weather, goretex or fleece hats in foul weather. Thin gloves for warm weather, insulated mitts for cold conditions. Remember that you may need to hold torches, maps or compasses...

**Small Rucksack/Daysack:** Anything up to about 30 litres should be ideal. Each member must carry their own equipment. Use a rucksack liner to keep contents dry, and pack soft items next to your back, bulky items away from your back. Keep drinks, food and waterproofs handy.

**Head Torch & Batteries:** Simple LED head torches are available from around £10. More elaborate and versatile head torches may cost up to £100. Great bit of kit to keep in the car when not walking... Good investment – but remember to carry a spare set of batteries.

**Bivvy Bag:** This is a real life-saver and a 'must have' for all walkers. A big orange plastic bag, for around £5. Multi-use, and very popular as a sledge in winter, this survival equipment makes an instant, weatherproof shelter for any injurer walker.

**Whistle:** To make the international distress signal, louder and clearer than shouting 'help'..! *What is that signal? And what is the response?*

**First Aid Kit:** A mountain first aid kit should include things you are likely to use. Scissors, triangular bandage, safety pins, sticky plasters, tweezers, etc. I also include some water steri-tabs, head-ache tablets, tea-tree oil, blister pads...

**Food:** During your trek on each mountain, you are unlikely to stop for lunch – so food should be small snack items which you enjoy. Fruit, crisps, nuts, sandwiches, chocolate bars, cheese, biscuits. It is also prudent to carry one emergency meal. You should always finish a walk with some food and an emergency meal left in your rucksack.

**Drinks:** A small flask with hot drinks or soup is ideal for cold weather. Isotonic drinks, fruit juices or simply water on warm days... Hydration packs are becoming more popular than drinks bottles and are worth a look. If depending upon natural water sources for liquid refreshment, check the map for rivers/streams and check the current state of the water table – perhaps carry steri tabs to purify any water collected en-route.

**Map & Compass:** Groups may be loaned a Beacon Guide/Merseyventure Three Peaks map set licenced by Harvey Maps, in a weatherproof laminate. This will include highlighted routes, and route plus waymarker information on the back. However, you must carry a further back-up map of the area – ideally an Ordnance Survey Explorer map at 1:25,000. You must also carry a compass, even if using GPS.

**Small Cooker & Fuel:** Any small cooker with some fuel which will enable enough heat to boil some water. Gas, spirits or hexamine. Carrying a tin mug or pan, plus matches or lighter could be a good idea too!

**Small Sleeping Bag:** Any lightweight compact sleeping bag which will give extra protection to an injured walker when placed inside their bivvy bag.

**Mobile Phones:** An ideal way to keep in touch with us and each other. Let us know your telephone numbers, and leave your phone switched on.