



## Clothing and Equipment

**Rucksack/pack** - A 25-30 litre pack will be ideal to carry spare clothes food and dinks on the mountains.

**Spare Clothes** – You will need to take spare clothes if you're Challenge clothes get wet. You will also need clothes (and wash kit) to change into when we arrive at the hotel, where we are spending the night.

**First Aid Kit** - Please bring a small personal first aid kit, to deal with cuts, blisters, rubs etc. It should include, adhesive dressing, triangular bandage, a bandage, sterile dressings, crepe bandage, gauze/lint, micropore, safety pins, small scissors, insect repellent. It might also be prudent to bring some sun tan oil.

**Torch** – A torch/head torch with spare batteries and bulb. When we ascent and descent Scarfell it is at night.

**Whistle** – Please ensure you have a whistle. If you get into difficulty it is a good way of signalling for help (six blasts then wait two minutes and repeat).

**Survival Bag** – A heavy duty polythene bag designed for the walker to get inside and protect them from the harsh environment and to preserve their body heat. It is a piece of safety equipment which may never be used but should always be carried in your rucksack. They are cheap to buy.

**Flask/Water Bottle** –You may wish to bring a flask of tea/coffee – refills possible at Service Stations. You must ensure that you have at least one litre of water at all times on the mountains, in a suitable container. Again refills are possible at service stations.

**Food** – Please bring plenty of high energy food and plenty of high energy snacks such as bananas, nuts, chocolate, sweets. Please sandwiches for Snowdon, replacing those eaten with ones from the service station.

**Boots** – 3 season hiking boots with high ankle support are required. Trainers are not acceptable. They should be large enough not to cramp your toes or feet but not too large that your feet move around inside. If buying a new pair try them on with thick hiking socks and buy at the end of the day when your feet are larger. Both fabric and leather hiking boots are fine. Remember to suitably break them in – maybe on your training walks?

**Socks** – Must keep feet warm and cushioned. Some walkers prefer to wear two pairs, a thin lightweight ‘liner’ sock and a thicker padded hiking sock, other only one. Trial and find out what works best for you. Usually hiking socks are near to the boots section in any outdoor shop.

**Trousers** – Should be loose fitting and ideally made of cotton or fleece type material. On no account wear jeans on the hill, they keep wet, chafe and take heat away when wet. Cotton trousers dry quickly; fleece trousers will keep you very warm.

**Hat and gloves** – A good woolly hat is an old favourite, fleece hats are ideal too. Most of the body’s heat is lost through the head. A good pair of gloves will keep the hands warm. These two items are essential for climbing Scafell and Ben Nevis. Please bring spares of both.

**Jacket** – A waterproof/windproof ‘gore-tex’ type jacket is required. Gore-tex is only a brand name there are several alternatives often cheaper – sympatex, Event etc. It should be sized big enough to accommodate the base layer and mid layers.

Mid layer fleece jacket is required to insulate the base layer and the body. A fleece is ideal.

**T Shirt/base layer** – Please avoid cotton T shirts whilst on the hill, they absorb sweat and keep your back wet. Try and find a wicking type T shirt, readily available from outdoor shops, like the Helly Hanson T shirt or a wool material base layer can be very comfortable.

**Gaiters** – These help protect the lower leg from wet or abrasive rock. They should be water proof and ideally breathable. Ensure they have a hook to attach them to the boots.