

## EQUIPMENT LIST

Below is a guideline from for the recommended equipment you should bring with you on your Hike. We recommend you follow weather reports the week before the challenge and choose from the list below what you think you will need.

### Recommended Kit

- Overview map of the route (issued at registration)
- Waterproof hiking boots – water repellent and fully broken in
- Waterproof daypack or rucksack with waterproof cover/bin liners inside
- Waterproof jacket with hood (recommended lightweight)
- Waterproof over-trousers
- Trekking poles
- Light trekking trousers and/or shorts
- Micro fleece top
- Breathable/wicking t-shirt, trekking shirt or base-layer
- 2 pairs of pre-worn walking socks
- Warm top and spare change of clothes for when you finish
- Suncream
- Sunhat
- Sunglasses
- Mobile phone fully charged
- Water bottle (Camelback, platypus or water bottle) – we are trying to reduce the use of single use plastics at our events. There will be opportunities to refill a reusable bottle.
- Emergency food and extra snacks (e.g. cereal bars, chocolate, fruit and nuts, sweets)
- Wrist watch - This event will not be timed officially so you may wish to track your time on your own watch or smart phone app
- Your confirmation email – please bring this along to registration at Holkham Hall

### Personal First Aid Kit

(Note: Medics are available at all times along the route and are based at Support Points – approx. every 6 miles along the route. You may also bring your own first aid provisions if you wish)

- Any regular medication you take
- Assorted plasters and/or tape (and scissors to cut)
- Vaseline (or similar, for chafing)
- Blister plasters (at least 4-6 large)
- Alcohol hand gel (for clean hands as well as cleaning small wounds)
- Antihistamine tablets / eye drops (if you are susceptible to hay fever)
- Pain killers –this hike could hurt! Routine use of painkillers for muscle aches and pains is discouraged but, if required because of an injury, the user should follow the dosing instructions, as they would at home, never exceeding the maximum doses.