

## Trek 24 Kit List

Below is a guideline for the recommended equipment to bring with you on your trek. Make sure to follow weather reports the week before the challenge and choose from the list below what you think you will need. Use it as a tick box when you're getting your kit ready!

### Recommended Kit

<input type="checkbox"/>	Overview map of the route (issued at registration)
<input type="checkbox"/>	Waterproof hiking shoes – water repellent and fully broken in. Please ensure you have worn your boots / shoes plenty of times before your trek
<input type="checkbox"/>	Waterproof daypack or rucksack with waterproof cover / bin liners inside
<input type="checkbox"/>	Waterproof jacket with hood (recommended lightweight)
<input type="checkbox"/>	Waterproof over-trousers
<input type="checkbox"/>	Trekking poles (optional)
<input type="checkbox"/>	Light trekking trousers and / or shorts
<input type="checkbox"/>	Micro fleece top
<input type="checkbox"/>	Breathable / wicking t-shirt or base layer – your Trek 24 t-shirt is ideal!
<input type="checkbox"/>	2 pairs of pre-worn walking socks
<input type="checkbox"/>	Warm top and spare change of clothes for when you finish
<input type="checkbox"/>	Sun-cream

	Sunhat / Sunglasses
	Fully charged mobile phone. Consider bringing a battery pack if you are concerned your phone may run out of battery during your trek
	Reusable water bottle and flask (Camelback, platypus, or water bottle) – help us to reduce plastic use!
	Emergency food and extra snacks (e.g. cereal bars, chocolate, fruit and nuts, sweets)
	GPS / sports watch or smart phone app to track your time.

### Personal First Aid Kit

Roaming medics will be available along the route, if you wish to bring your own provisions we recommend:

	Any regular medication you take
	Assorted plasters and / or tape (and scissors to cut)
	Vaseline (or similar, great for chafing as well as dry lips)
	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 dosage instructions, as they would at home, never exceeding the maximum doses.