



100k Challenge Kit List

Please find below your kit requirements with short explanations. Taking the right equipment for your challenge is very important so just get in touch with any questions – we'll be happy to talk you through it.

✓ Use this check-list to help you pack!

Important Documents & Money

Money	<i>You will not need much, but carry some cash just in case</i>
Credit Card	<i>Always carry a credit card in case of emergencies; make sure you know your PIN number</i>
Insurance Documentation	<i>If you have taken out insurance (optional)</i>

Luggage

Small day-sack	<i>At least 25-30 litre capacity; see luggage notes (below)</i>
Strong plastic bags	<i>To keep things dry inside your day-sack</i>

Trekking Gear

Walking boots	<i>With good sole pattern and firm ankle support. Must be well worn in and waterproofed.</i>
Walking socks (2 pairs)	<i>One spare pair – invaluable if your feet get wet or you need a change</i>
Wicking top / T-shirt	<i>Wicking top (eg dryflo) better than cotton as a base layer</i>
Mid-layer	<i>Microfleece tops useful as mid-layer</i>
Fleece	<i>Good quality outer layer</i>
Waterproof windproof jacket Waterproof windproof trousers	<i>Good quality (eg gore-tex) essential; material should be breathable and seam-sealed. Thinner outer top layers should be combined with a fleece layer for trekking</i>
Trekking shorts / trousers	<i>Zip-off trekking trousers ideal</i>
Hat / cap	<i>For sun protection</i>
Sunglasses	<i>Wraparound style useful</i>
Warm hat and gloves	<i>For night section if it's cold</i>

****We recommend you have hi-vis reflective strips on your jacket and day-pack****

General Equipment

Water bottle(s)	<i>Should be able to carry min 2 litres</i>
Trekking poles	<i>Optional; useful on steep / uneven ground and in the dark (use them when training so you are used to them)</i>
Head-torch	<i>Essential; ensure the beam is strong. Spare battery recommended</i>
Liquid handwash	<i>Waterless for easy hygienic hand-washing</i>
1 roll toilet paper + plastic bags	<i>Bags for disposal of loo paper enroute; fragranced nappy bags are best</i>
Whistle	<i>For safety reasons if you become separated</i>
Snacks (eg energy bars / dextrose tablets / dried fruit packs / jelly babies)	<i>Some snacks will be provided but bring top-ups, especially if you have special dietary requirements and may need a source of extra energy. Having your favourites as rewards will provide extra motivation!</i>
Camera / phone	<i>With battery fully charged</i>
Change of clothes, spare footwear	<i>For travelling home at end of trip; leave in your car</i>

Small Personal First Aid Kit - include any medication you take regularly or while exercising, plus:

Sun cream & lip balm	<i>With high SPF protection</i>
Painkillers	<i>eg ibuprofen, paracetamol</i>
Rehydration sachets	<i>eg dioralyte</i>
Diarrhoea tablets	<i>eg imodium</i>
Plasters and blister dressing	<i>compeed / moleskin / tape and dressings (whatever works best for your feet)</i>
Antihistamines	<i>Especially if you have allergic reactions to insect stings or pollen</i>
Insect repellent	<i>Eg Mosi-guard, Ultrathon, Repel</i>

CLIMATE

The above kit recommendations include clothing for all weathers; you may not end up using all of it, but should be prepared for all conditions.

Be prepared for any weather! It could be clear, raining, windy, hot or cold – or a mixture of all of them! The weather is unpredictable and you should be prepared for any sudden changes. Make sure as well that you have plenty of layers to wear at night and early morning when it gets colder. You will want to add and remove layers frequently, and you may want to carry a spare top in case you get wet and cold, though try to keep your bag light as it will feel a lot heavier when you get tired.

You need good quality kit – you will enjoy the trekking more if your equipment keeps you warm and comfortable, and it may make the difference between completing the challenge or not.

LUGGAGE

Everyone will carry a day-sack with camera, phone, spare clothes, waterproofs, first aid kit, snacks and anything else you need for the trek. A day-sack with adjustable, padded shoulder-straps and hip belt – which you have worn while training and are used to – is essential. You may wish to line your day-sack with a strong plastic bag to help keep the contents dry if it rains.