



The 3 Peaks Leadership Challenge Recommended Kit List

- 1 x pair walking boots
- 1 x set of waterproofs (top and bottoms)
- 1 or 2 x walking trousers (no jeans) light-weight and wind-proof
- 3 x walking socks (liner socks optional)
- 3 x wicking underwear (not cotton)
- 2 x base layer tops (Helly Hansen for example)
- 1 or 2 x light-weight fleece tops
- 1 x heavy-weight fleece or windproof jacket
- 1 x hat, gloves, scarf or buff(neck gaiter)
- 1 x 45 litre ruck sack
- 1 x head torch
- 1 x sunglasses
- 1 x water bottle
- 1 x flask
- 1 x compass
- 1 x map case
- 1 x whistle
- 1 x personal first aid kit (to include blister kit)
- 1 x waterproof liner for rucksack
- 1 x pen knife
- 1 x gaiters (optional)
- Sun cream
- Pen, notebook
- Mobile phone
- GPS (optional)
- Money (coins are good for phones if needed)

For more information call: 01476 861010