



Yorkshire Three Peaks

The following kit list is to assist with your event planning, and is a guide only. Please feel free to distribute this document as required, but in this original format, with the following link intact:

www.thethreepeakschallenges.com

Individual Walkers Kit List (Required)

Wicking Base Layer 'T' Shirt
Thermal Shirt or Fleece Jacket
Waterproof Jacket
Walking Trousers or Leggings
Waterproof Overtrousers
Walking Boots or Walking Shoes
Hat & Gloves

Map & Route Guide
Small Rucksack/Daysack
Head Torch & Spare Batteries
Plastic Bivvy Bag
Personal First Aid Kit
Food & Drinks for 12 hours

The above list is the minimum amount of safety and comfort equipment you should carry on your Yorkshire Three Peaks Challenge.

Other Equipment To Bring (Recommended)

Walking/Trekking Poles
Walking Shorts
Insect Repellent
Sun Cream/ Sun Glasses
Small Hand Towel (for feet)
Footcare Items
Mobile Phone & Charger
Camera & Batteries
GPS Navigation

See below for more detailed information...

Kit Requirements Explained.

Remember you may encounter a variety of weather conditions, from snow and rain, to hot and sunny days. Remember to bring a selection of items which you can choose from, as well as spare items in-case your base-layers get wet.

Wicking Base Layer 'T' Shirt: Cotton 'T' shirts will quickly become soaked either by the rain, or by perspiration, and offer no insulating properties. A synthetic base layer designed for active sports will not only be more comfortable, but can be a life-saver if you have to stop on the hill for a period of time. Top of the range base layers may cost around £60, Helly Hansen offer the famous 'Lifa' tops at around £20-£30, Tesco and Asda may offer some sports items, and you can get much cheaper 'Crane' sports items from Aldi. All a good investment for walking in the mountains.

Thermal Shirt or Fleece Jacket: Your mid layer. The more ventilation options the better, but a minimum of half zip jacket or button pullover style should be OK. A fleece may take up more room in your rucksack, but will offer more warmth on a cooler day. Windproof and water resistant shirts and fleeces are more versatile, but at a greater cost.

Waterproof Jacket: Your outer, or shell layer. Investing in the best waterproof jacket you can afford is a wise way to spend money for this item. Get some advice from an outdoor shop assistant, and research the best value for money and performance features in magazines, outdoor websites, etc. Look for something that is both waterproof and breathable. Your choice should be based on your usual outdoor activity requirements, as waterproof jackets vary hugely – seek advice... From around £50 to anywhere over £300.

Walking Trousers or Leggings: Trousers are any trousers, slacks or bags designed for walking/trekking. Those with removable lower legs can be more versatile. Leggings are any leg cover similar to Ron Hills. *Jeans are NOT acceptable.*

Waterproof Overtrousers: Any kind of synthetic overtrousers that offer some extra protection will be acceptable. If purchasing especially for this event, look for garments which have half-leg zips to enable pulling on these leggings when wearing walking boots.

Walking Boots/Shoes: Any kind of boots or shoes specifically designed for walking/trekking. Boots are advised. If purchasing for this event – seek advice, and do some practice walks beforehand. Don't wear brand new boots for this event!

Hat & Gloves: It is wise to bring a selection of hats and gloves. Baseball caps and desert hats can help in hot weather, goretex or fleece hats in foul weather. Thin gloves for warm weather, insulated mitts for cold conditions. Remember that you may need to hold torches, maps or compasses...

Small Rucksack/Daysack: Anything up to about 30 litres should be ideal. Each member must carry their own equipment. Use a rucksack liner to keep contents dry, and pack soft items next to your back, bulky items away from your back. Keep drinks, food and waterproofs handy.

Head Torch & Batteries: Simple LED head torches are available from around £5 in superstores. More elaborate and versatile head torches may cost up to £100. Great bit of kit to keep in the car when not walking... Good investment – but remember to carry a spare set of batteries.

Bivvy Bag: This is a real life-saver and a 'must have' for all walkers. A big orange plastic bag, for around £5. Multi-use, and very popular as a sledge in winter, this survival equipment makes an instant, weatherproof shelter for any injured walker and is essential kit.

Personal First Aid Kit: A personal first aid kit should include things you are likely to use. Scissors, triangular bandage, safety pins, sticky plasters, tweezers, etc. I also include some water steri-tabs, head-ache tablets, tea-tree oil, Compeed blister pads...

Food: During your trek on each mountain, you are unlikely to stop for lunch – so food should be small snack items which you enjoy. Fruit, crisps, nuts, sandwiches, chocolate bars, cheese, biscuits. It is also prudent to carry one emergency meal. You should always finish a walk with some food and an emergency meal left in your rucksack.

Drinks: A small flask with hot drinks or soup is ideal for cold weather. Isotonic drinks, fruit juices or simply water on warm days... Hydration packs are becoming more popular than drinks bottles and are worth a look. If depending upon natural water sources for liquid refreshment, check the map for rivers/streams and check the current state of the water table – perhaps carry steri tabs to purify any water collected en-route.

Money: To buy any food and drink as required enroute, to use the public payphones, or those at the Inns, or even to pay the train or taxi fare home if needed..!

Lastly...

Pack your rucksack so the most often used items are near the top for easy access (waterproofs, food, etc), and soft items will be against your back. Pack items into a waterproof rucksack liner. Put electrical and delicate items into a further waterproof pouch.

Carry more, rather than less. Better to have and not use, than need and not have..!

Good luck, Richie..

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