

# Yorkshire Three Peaks - Kit List



saaigoutdoors

The Challenge typically starts between 6am and 7am in the Morning, So we need you to be prepared for everything the night before. The Yorkshire Dales can throw all kinds of weather at the unsuspecting walker. So please take a look at the list below and we'll get you prepared.

**1) What to wear:** Please make sure that this is all “broken in” , that means it has been previously worn, so you are not trying out a new pair of boots for the first time on this challenge!!! Your comfort is important, you'll have enough on your mind without having to fiddle about with a new rucksack or boots.

- Walking boots or Walking shoes, good ankle support is our recommendation.
- Quality Walking socks, comfort is essential. (maybe try out a thin base layer sock under your normal walking socks)
- Comfortable walking trousers (no Jeans please. You will not be joining us if you turn up in Jeans)
- Wicking base layer top (not cotton) and a fleece, but whatever you feel comfortable in. Thin layers work well.
- Comfy underwear

**2) What to bring along,** carry the following in a small rucksack, 10-20litre should be ample. Use a plastic carrier bag, rucksack liner or dry-bag to keep things dry in your rucksack.

- Waterproof jacket and waterproof trousers.
- Warm hat, Spare socks, Spare gloves, maybe a “buff” if you have one.
- Warm Mid Layer/ Outer layer type jacket. Could be a microfleece/micro puffer jacket etc
- Head torch. (Recommend 150+ Lumens), brighter the better.
- Protection from the sun, sun hat, sun cream, sunglasses. (optional)
- Midge Repellent of your choice. (optional)
- Whistle
- Personal Food & Drink
- Any personal medication / first aid items you need, compede, plasters inhalers, Hay fever tablets, etc
- Spare batteries for your headtorch. (please have these in a waterproof bag, box or container.)

**3) Food & drink,** You need to take with you what you wish to eat and drink. Something like:

- Flask (Warm drink) and/or drinks bottle, at least a litre please.
- Or Camel Pak / rucksack hydration bladder of water
- Packed Lunch
- Favourite Snacks, hard fruit or treats, Jelly babies, cereal bars, flapjacks, Nuts, Dried Fruit etc,
- It is important that you carry the right amount of food for your journey. The average body can consume around 60g Carbohydrate per hour comfortably. Take a good combination of carbs/sugars/calories, across different foods. Do not just pack jelly babies for example.

**4) Optional / Suggested items:** These are not essential, but you may be used to walking with these items already.

- Compass and map for the area, but as you will be guided, this is by no means mandatory or required.
- Walking Poles, if you are used to using them, own some, bring them along. Otherwise, this challenge is not the time to learn how to use them effectively.
- GPS and Mobile Phone

