

# National Three Peaks - Kit List



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The Challenge start between 6am and 7am in the Morning, at the base of Ben Nevis. Scotland's and the UK's highest Peak. So we need you to be prepared for everything the night before.

The mountainous regions 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" and 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, good ankle support required.
- Quality Walking socks, comfort is essential.
- Comfortable walking trousers (no Jeans please)
- 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, 15-20litre 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.
- Midge Repellent of your choice.
- Whistle
- Personal Food & Drink
- Survival Bag (Big Orange plastic bag) or a small bivvy if you own one.
- Any personal first aid items you need, compede, plasters, etc.
- Any personal medication (e.g. inhalers, Hayfever tablets etc)
- Spare batteries for your headtorch. (please have these in a waterproof bag, box or container.)

**3) Food & drink,** the café at the top of Snowdon will not be open! All seriousness, you need to take with you what you wish to eat and drink. We will discuss nutrition and hydration on the training session(s). Something along the lines of:

- Flask and/or drinks bottle, at least a litre please.
- Or Camelapak / rucksack hydration bladder of water
- Favourite Snacks, hard fruit or treats, Jelly babies, cereal bars, flapjacks, Nuts, Dried Fruit etc, whatever you like to nibble on.



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- It is important that you carry the right amount of food on each peak. 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.
- Food/Meals en-route: We expect you to have enough food for two reasonable size meals, which will be predominantly consumed whilst our driver chauffeurs us between each peak. Do not rely on fast food joints or motorway services as the only means of food, however, stopping for a fast-food 'hit' is very common.

**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
- Mobile Phone

**5) What to have accessible in the Minibus :**

- Everything that is in section 1 above, double it at least. Clothing won't necessarily dry en route to the next peak, so have a change for each peak. The exception is Walking boots, if you have a spare pair, bring them along just in case.
- Comfy shoes/slippers/socks for the drive between peaks, rest your feet.
- At least 3 pairs of walking socks
- Wash bag
- Spare food and drink (We will provide ample Water supply in the van)
- Towel
- Small Pillow (You may be able to sleep enroute.
- We will stop a couple of times in between each peak, for various reasons. You will be able to top-up some of your food stocks here.
- Food/Meals: We expect you to have enough food for two reasonable size meals, which will be predominantly consumed whilst our driver chauffeurs us between each peak. Do not rely on fast food joints or motorway services as the only means of food, however, stopping for a fast-food 'hit' is very common.

