

Wild Camping the Yorkshire Three Peaks -

Kit List



saaigoutdoors

Starting from Ingleton, this challenge typically starts between 10 & 11am on Day 1. Finishing about 3pm on Day 2. 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!!! s.

- 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.
- Mid Layer fleece or micro puffer.
- Comfy underwear

2) What to bring along, carry the following in a medium sized rucksack, 30-40litre 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 insulated outer layer type jacket.
- Head torch. (Recommend 150+ Lumens), brighter the better.
- Spare batteries for your headtorch. (please have these in a waterproof bag, box or container.)
- Protection from the sun, sun hat, sun cream, sunglasses. (optional)
- Midge Repellent of your choice. (optional)
- Whistle
- 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) Wild Camping (as light equipment as possible) – We can hire you some of these items.

- Lightweight Tent or Tarp & Bivvy bag
- Stove & cooking equipment (at least enough to boil water and heat food)
- Utensils, drinks container, matches and lighter
- Sleeping bag plus liner. – Depending on the time of year, we recommend 3 to 4 season bags.
- Sleeping mat or equivalent inflatable mat to sleep on top of.

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

- Flask (Warm drink) and drinks bottle, at least a litre of water please.
- Or Camel Pak / rucksack hydration bladder of water
- Camp food for evening meal and breakfast – eg Wayfayrer ready to eat pouches
- Packed lunch & Favourite Snacks, hard fruit or treats, Jelly babies, cereal bars, flapjacks, Nuts, Dried Fruit etc,

4) Optional / Suggested items: 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.
- Midge Repellent of your choice.
- GPS and Mobile Phone

