



lake district 8 peaks challenge, kit list

The items listed below are purely recommendations. The list has been designed by the local ground handler and past challenge leaders; however, please take into account your personal preferences and common sense. We are open to further recommendations upon your return. See what you can borrow, and if you need to purchase any items, remember that you can get a discount on equipment and clothing from various well known suppliers and outdoor shops – for more information, please refer to the document “Kit Discount” which you will find in your member’s area in the “Challenge Pack” section once you have booked and paid your deposit.

If you would prefer to hire kit, please contact Outdoor Hire, a company specialising in the hire of top quality outdoor gear. They are working with Charity Challenge to provide all the kit you need for your challenge and offer a 10% discount to Charity Challenge customers who have booked onto one of our challenges. Simply obtain the promotional code by referring to the document “Kit Discount” which you will find in your member’s area, and then go to <http://www.outdoorhire.co.uk/charity-challenge/>, select the kit list for the challenge you have booked and follow the online instructions for how to hire the kit you need.

Try to use your equipment before you go – particularly your rucksack and boots– this will show up any manufacturing faults and whether they are comfortable enough. Good footwear and care of the feet is most important. Well broken-in walking boots should be worn on treks. Trainers are too flimsy for wilderness treks and trainer boots are not appropriate. Sandals leave the feet exposed to sunburn, abrasions, thorns, insect and animal bites.

Bring as little as possible but bring everything you need. Travelling light is much less of a hassle, so do not bring things you can do without. If you need to wear jewellery, keep it simple and inexpensive. The general rule is that if you don’t need it, don’t bring it. Bring clothes that wash and dry easily (jeans, for example, take forever to dry and should not be worn on the trek).

Please note we strongly recommend you take the kit marked below. If you do not have suitable clothing for the conditions the leader has the right to send you back to the campsite.

item	take it?
baggage	
Day rucksack (for sun cream, camera, waterproofs, water bottle, snacks, personal first aid kit etc)	Yes
clothing	
Waterproof jacket & trousers (must be waterproof!)	Yes
Walking boots (must have ankle support and be worn in)	Yes
Socks (woollen or wool mix, thick walking socks)	Yes
Trousers (such as lightweight walking or sports trousers/leggings, <u>no jeans</u>)	Yes
Short sleeved shirt – quick dry synthetic (preferably not cotton)	Yes
Fleece	Yes
Wide brimmed sun hat	Yes
Warm fleece hat	Yes
Underwear	Yes
Showerproof gloves (optional but highly recommended)	Optional
Shorts	Optional
Set of evening clothes if you plan to stay before or after the challenge	Optional
hygiene	
Toothbrush & toothpaste, soap (anti bacterial & bio-degradable), shampoo/conditioner (bio-degradable), lip salve with sun protection, antiseptic wipes, deodorant, toilet paper/tissues, sun cream	Yes
Razor & cream, sanitary products, shower gel, hairbrush/comb, Vaseline (if you plan to stay overnight)	Optional
health	
Sun protection	Yes
After sun/moisturizer	Optional
documents	

Cash	Yes
Credit card	Optional
other	
Head torch (hands free & spare batteries + bulb). You will need this for the early morning start and at the end of the day.	Yes
Water bottle (two 2 litre bottles minimum – platypus or equivalent are best)	Yes
Snacks for duration of challenge (see Q&A for further advice)	Yes
Sunglasses	Yes
Spare boot laces	Optional
Alarm clock / watch	Optional
Camera	Optional
Contact lenses/glasses (bring spare lenses and glasses)	Optional
Ear plugs & eye mask	Optional
Walking poles (great for the steep hills – recommended – but do train with them)	Optional
Camera & films/memory sticks/batteries	Optional
small first aid kit	
Any medication you normally use	Yes
Compeed blister pads	Yes
Antiseptic spray	Optional
Pain killers/Paracetamol	Optional
Insect repellent	Optional