



Sunset to Sunrise Treks

Suggested Kit List

Below is a list of kit recommended for your Sunset to Sunrise challenge; however, please take into account your personal preferences and common sense.

If you don't already own many of the items, why not see what you can borrow rather than buy everything new.

If you would prefer to hire kit, you can do this through several kit hire companies such as Trek Hire (www.trekhireuk.com) or Outdoor Hire (www.outdoorhire.co.uk).

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 with ankle support should be worn on treks. Trainers are too flimsy and trainer boots are not appropriate.

Cotton can become sweaty and damp very quickly and does not dry easily so synthetic 'technical' clothing is recommended (these can be bought cheaply in many sports shops) instead of cotton clothing.

Jeans must not be worn, they absorb moisture and sweat and take a very long time to dry, can be very warm on hot days and become heavy and uncomfortable in the wet and can painful cause problems like chafing and rubbing.

Lightweight synthetic walking trousers or leggings should be worn. You do not need to spend a lot of money of kit, just be sure it is the correct fabric/type.

Bring as little as possible but bring everything you need. Travelling light makes the experience much more pleasurable, so do not bring things you can do without.

If you need to wear jewellery, keep it simple and inexpensive.

Always keep any clothes in a watertight bag to ensure they stay dry if there is a sudden downpour.

You will need to carry at least 1.5-2.0 litres of water for this event.

If you are not deemed to have suitable clothing or equipment the challenge leader has the right to not allow you to participate in the event.

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Item	Take it?
baggage	
Day rucksack (circa 25 litre to carry camera, waterproofs, water bottle, snacks, personal first aid kit etc.)	Essential
clothing	
Waterproof jacket & trousers	Essential
Walking boots (must have ankle support and be worn in to avoid blisters)	Essential
Socks (woollen or wool mix, thick walking socks)	Essential
Trousers (such as lightweight walking or sports trousers/leggings, <u>no jeans</u>)	Essential
Short sleeved shirt – quick dry synthetic (preferably not cotton)	Essential
Fleece	Essential
Warm fleece hat or Balaclava (windy on summits even in height of summer)	Essential
Wide brimmed sun hat or cap	Essential
Long-sleeved shirt – quick dry synthetic type (preferably not cotton)	Recommended
Shower proof gloves	Recommended
Down jacket	Optional
Shorts	Optional
health	
Sun protection	Essential
After sun/moisturiser	Recommended
documents	
Cash	Essential
Travel insurance	Recommended
Credit card	Optional
other	
Water bottle (1.5 – 2.0 bottles minimum – platypus or equivalent are best)	Essential
Good Quality Head Torch (& spare batteries)	Essential
Snacks for duration of challenge	Essential
Electrolyte drinks, glucose tablets etc.	Optional
Sunglasses	Recommended
Spare boot laces	Recommended
Walking poles (great for the steep hills – recommended – but do train with them first)	Optional
Camera & films/memory sticks/batteries	Optional
Binoculars	Optional
Contact lenses/glasses (bring spare lenses and glasses)	Optional
Watch	Optional
small first aid kit	
Any medication you normally use	Essential
Compeed blister pads (these are invaluable if you start to develop a blister)	Essential
Adhesive dressing (plasters)	Recommended
Pain killers/Paracetamol/Ibuprofen	Recommended
Insect repellent	Recommended
Antiseptic spray	Optional

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