CHARITY CHALLENGE
Never a backward step

Snowdon Multi-Activity

KIT LIST

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. This is a list of recommended kit to take on our Snowdon Multi-Activity challenge. We have tried to pare down this kit list to the absolute must-haves for your challenge, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines at the bottom of this list.

RUCKSACKS AND BAGS

- ☐ Day sack 30-40L
- ☐ Waterproof liner (a black bin bag is excellent)*
- ☐ Small bag with spare clothes (this can be left in the support vehicle during the challenge– please keep this to an absolute minimum as space is limited).

FOOTWEAR

- ☐ Walking boots with ankle protection and excellent deep tread for grip
- ☐ Hiking socks

CLOTHING

- ☐ Waterproof and breathable jacket (GORE-TEX or similar recommended)
- ☐ Waterproof overtrousers
- ☐ Windproof softshell or fleece jacket
- ☐ Lightweight fleece top
- ☐ Wicking t-shirt
- ☐ Trekking trousers (not jeans)
- ☐ Underwear light and loose
- ☐ Warm hat
- ☐ Sun hat
- ☐ Gloves (preferably waterproof)
- ☐ Change of clothes for after the challenge*
- ☐ Hiking shorts*

TREKKING EQUIPMENT

- ☐ Water bottles/bladder (min. 2 Litres)
- ☐ High energy snacks (tracker bars, dried fruit, chocolate, nuts etc)
- ☐ Dry-bags (or plastic bags) for keeping clothes and documents dry
- ☐ Sunglasses*
- ☐ Walking poles*
- ☐ Camera*

BIKE EQUIPMENT

- ☐ Bike
- ☐ High visibility top
- ☐ Helmet
- ☐ Cycling shorts*
- ☐ Cycling gloves*

PLEASE NOTE:
You must provide your own bike and helmet for this challenge.

KAYAK EQUIPMENT

- ☐ Swimming shorts/costume*

PLEASE NOTE:
All safety equipment (life jacket and helmet) is included in the cost of the challenge. You may wish to have a different set of clothes to change into for the kayak section but this is not mandatory and many people use the same clothes that they used for the trek and bike.

SMALL FIRST AID KIT

- ☐ Pain killers
- ☐ Plasters
- ☐ Zinc oxide tape
- ☐ Compeed blister pads
- ☐ Antiseptic wipes
- ☐ Rehydration sachets
- ☐ Your own medication
- ☐ Knee supporters*
- ☐ Dextrose tablets for extra energy

DOCUMENTS

- ☐ Final Details document (available in your Account Area one month before the challenge)
- ☐ Emergency Contact numbers
- ☐ Cash (Debit and credit cards aren't always accepted at small rural shops)
- ☐ Debit/Credit card
- ☐ Travel insurance*

KEY * Indicates Optional

MAKING THE MOST OF YOUR KIT

PACKING

Make sure that you are able to carry all the essential equipment for the challenge in your rucksack. Even if the weather forecast is favourable then please make sure that you always carry enough warm layers and your waterproof jacket and trousers. Your day sack should have a thick waist strap for maximum comfort. Waterproof liners or bags are essential for keeping valuables and clothes dry within your pack. You will be able to leave a small bag in the support vehicle with a spare change of clothes.

CORRECT SHOES

We would highly recommend wearing walking boots for all of our UK challenges as the additional ankle support can prove invaluable for preventing injury and also prevent water and other objects entering your footwear. Increasingly people are choosing to complete challenges wearing walking shoes, as opposed to boots. These 'Trail Shoes' have the advantage of being lighter and more comfortable but do not afford the same protection as boots. If you are considering wearing trail shoes then please make sure that they have an excellent level of grip, with deep tread on the soles.
For this reason normal sport trainers are not appropriate for completing our UK challenges. The lack of grip on trainers can prove to be extremely dangerous on loose, wet rocks. Our leaders will not allow you to take part in the challenge if you only bring trainers.

CLOTHES

The weather in the UK can fluctuate enormously during your challenge. Lots of light layers are key, as well as a good quality waterproof jacket. A hat and gloves are also vital items of clothing for UK challenges. Make sure that you wear and test your kit before arrival, particularly your hiking boots.

BIKE

For this challenge, you will need to bring your own bike. The bike section of the challenge follows good quality, country roads and we would recommend a road bike, hybrid or mountain bike. You must also provide your own helmet. Ideally you will already be familiar with it by the time you take part in the challenge. In preparation for the event, and for your training, you must ensure that your bike is roadworthy. Have the bike serviced when you start training and again prior to the event. This will ensure that the bike is good enough to get you through your training and the challenge.
If absolutely necessary, bikes can be hired locally from Beics Betws Mountain Bike Hire: www.bikewales.co.uk. Tel: 01690 710766.

KAYAK

All equipment for the kayaking section will be provided for you along with safety instruction. If you wish to bring spare clothes for after this section then these can be stored in the support vehicle. Similarly, if you wish to bring swimming shorts or costume then you can. However, changing facilities are not provided between the activities. Swimming shorts or costumes are not vital and we would recommend having spare clothes instead.

HYDRATION

Staying hydrated during your challenge is vital. There are various ways to get the right fluids into your body, with many people using water bladders or bottles. We would recommend that you carry at least 2L of water and that you make sure that you are fully hydrated in the evening before beginning your challenge.

WALKING POLES

Walking poles are not essential kit. However, we receive many questions about using them. Anyone considering using poles on the challenge should make sure that they have experimented with using them during their training. For anyone who struggles with knee, or any joint, problems then walking poles can help significantly reduce the amount of strain being placed on your joints, particularly on any descents. They are also useful for helping with ascending up hill and many people find that they spread the load on your body more evenly during a long day of trekking.

HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Compeed blister plasters cannot be recommended highly enough, but you are required to carry your own as your leaders will not be able to supply them to everyone. Zinc Oxide tape is a handy addition, as it is often a lifesaver for blisters.