

KIT ADVICE

Choosing the right kit will not only ensure that you are happy and comfortable during your charity challenge, but can also help you to avoid getting injuries or soreness. You'll find general advice below together with a checklist for you to tick off before you depart.

Tips

- Get advice before you buy
- Keep your kit light – don't forget you'll have to carry it!
- If you are buying on a budget, don't try to save money on essential items – it could lead to discomfort and even injuries.
- Bring lots of layers – you can peel things off (or put them on) as the temperature changes

CLOTHING AND ACCESSORIES LIST

For climbing

- o Small rucksack
- o Boots
- o Waterproof jacket
- o Waterproof trousers
- o Fleece x 2
- o Base layer x 3 (ideally not cotton, wool or synthetic)
- o Walking trousers 3 pairs minimum (as above - not jeans)
- o Shorts (optional)
- o Walking socks (a pair per climb ideally)
- o Liner socks (a pair per climb ideally)
- o Gloves
- o Hat (cold/sun)
- o Water bottle or hydration bladder
- o Head torch
- o Small torch (just in case)
- o Insect repellent
- o Handkerchief/Tissues - runny nose!
- o Blister pads (essential)
- o Sunscreen
- o Belt for trousers
- o Sunglasses
- o Walking poles (optional)

On the vehicle and your hotel stay

- o Larger bag/case for travelling to, between and from the mountains (this will stay in the vehicle when you are climbing). If you are flying to the event this bag will need to conform to aircraft hold baggage size/weight regulations.
- o Travel pillow
- o Flip-flops (to let your feet air when travelling between mountains)
- o Light blanket for sleeping in the vehicle
- o Comfy clothes - for the evenings
- o Towel (in case you need to dry off in the vehicle)
- o Toiletries
- o Medication
- o Power Bank Portable Charger for charging your phone whilst on the move



When training or packing for the event consider the loose-layered look. Clothing can be removed as needed and put back on as you rest, or when the temperature drops. Loose clothing that permits free airflow is good. Consider synthetic-blend materials that wick away moisture and dry quickly when the weather is hot. During winter training make certain that your walking attire keeps you both warm and dry.

- **Small Rucksack** - Day pack recommended 25 litre capacity
You may well be using your day pack for a number of hours per day so try and get one with a back system, with reduced mesh panel - it provides greater comfort, air circulation and heat dispersion. Also available are day packs with breathable shoulder straps. The best thing to do is go to an expert and try on a selection.
- **Boots** (comfy with ankle support) - It is important that walking shoes are comfortable and well-worn before commencing the walk.

SHOPPING FOR SHOES

Go to an outdoor equipment store and ask them to suggest options that match your particular needs. There is no need to buy a boot suitable for an Everest climb if a lightweight pair of walking boots is the most suitable and economical. Of course, your choice will depend on your budget, but remember that boots are one of your most crucial pieces of equipment.

There should be at least a thumbnail's distance between the end of the boot and your toe. Your heel should not slip upwards in and out of the shoe when you lift it up. Avoid shoes that have too many layers, straps, etc., as most of the time they do little else but add weight.

It is best to shop for shoes in the afternoon. Your feet can swell by up to half a size over the course of the day. Make sure that you try the shoes on with the type of sock that you will be using when you are walking. Lace the shoes evenly and snugly. Take about 15 steps at a good pace, travelling back and forth, twist your ankles left and right to make sure the heel support does not dig into your ankle too much.

- **Waterproofs (jacket and trousers)** - Rain gear should be breathable, waterproof and lightweight. There are a number of manufacturers that produce garments that meet all of these criteria. For wet weather protection look for articles that have sealed seams to prevent leakage. Examine wrist and ankle closures to make sure they are durable.
- **Walking socks and Liner socks** - (I swear by these, they really help prevent blisters. I like Bridgdale liner socks) – a pair per climb ideally

Socks are an often neglected but nonetheless essential piece of kit. Ill-fitting socks can cause serious blisters.

Many walkers opt for cotton socks, but cotton easily absorbs moisture and can lose its shape. That said if you have trained with cotton socks over long distances and you've had no problems, then stick with what you know. Alternatives to cotton are cotton/synthetic blends, which can help to wick away moisture – the benefit being dry feet and the maintenance of sock shape as you walk.

Dry, air and massage your feet to keep them comfortable and put on a new, dry pair of socks when travelling between mountains.

- **Water bottle** (or hydration bladder kept in your rucksack with a "straw" permanently near your mouth).





- **Sunscreen** - You must protect your skin. Sun damage can be painful and long-lasting, so purchase a waterproof, sweat-proof sunscreen with a high SPF number. Always wear a sun hat.
- **Head torch** – Some of the climb might be in poor light or darkness.
- **Walking poles** (optional) – This is really down to personal choice. They can help reduce the strain on knees when walking downhill and they may improve balance when walking over rough ground. The downside is they can catch on rocky paths and bushes. They can also get in your way while walking on narrow trails and they stop you from using your hands to get into your pocket for jelly babies or to get a tissue to blow your nose!


However, most people who choose to use walking poles rate them very highly.

Like any piece of walking gear, the efficient use of walking poles requires proper technique and an awareness of the pitfalls of incorrect usage. We would recommend you only use them on the challenge if you have trained with them.

If you do choose to use walking poles please make sure they will fit into your hold baggage if you are flying to the event.



KIT CHECKLIST

Checklist (add your own personal items in the space provided underneath these essentials)	
Larger bag/case to pack everything that is not required for the mountains. Please see note regarding size on pg. 1	
Small Rucksack	
Boots	
Waterproof jacket	
Waterproof trousers	
Fleece	
Base layers x 3	
Walking trousers x 2 min	
Shorts (optional)	
Walking socks (a pair per climb)	
Liner socks (a pair per climb)	
Gloves	
Hat (cold/sun)	
Water bottle or hydration bladder	
Walking poles (optional)	
Insect repellent	
Head torch	
Small torch (just in case)	
Walking poles (optional)	
Handkerchief/Tissues - runny nose!	
Blister Pads (essential)	
Sunscreen	
Comfy clothes - for the evenings	
Belt for trousers	
Sunglasses	
Towel (in case you need to dry off in the vehicle)	
Flip-flops	
Travel pillow	
Light blanket	
Medication	
Toiletries	

