



## Yorkshire Three Peaks Kit List

<b>Personal Clothing</b>		Tick
<i>Base Layer Top</i>	Should not be cotton and have wicking properties to help keep you dry and comfortable. (Berghaus Tech Tee)	
<i>Fleece Top</i>	Mid-weight fleece (Berghaus Chonzie)	
<i>Fleece Jacket/ Windstopper</i>	Thick fleece for during rest periods or when it gets really cold (Berghaus Breton Softshell Jacket)	
<i>Waterproof and Breathable Jacket</i>	This should have a waterproof membrane and taped seams eg. Goretex, Hydroshell (Berghaus Kanggcnjunga or Berghaus Stormcloud jacket)	
<i>Waterproof and Breathable Trousers</i>	These are in addition to your walking trousers. Aswell as keeping your legs dry they are also a very good windstopper. (Berghaus Deluge Pant)	
<i>Lightweight Walking Trousers</i>	Comfy and not too long -NO JEANS (Berghaus Ortler Pant)	
<i>Walking Socks</i>	Try out those which suit you best- we recommend Bridgedale light hiker or hiker	
<i>Boots</i>	General hill walking boot with good ankle support with a good sole. Cotswold Outdoor do an excellent free boot fitting service.	
<i>Waterproof Gloves or Mitts</i>	These will protect your hands from cold winds on the summits. We recommend Sealskinz Gloves.	
<i>Warm Hat or Polar Buff</i>	We lose most of our heat through our heads (Berghaus Powerstretch Hat)	
<b>Personal Equipment</b>		
<i>Rucksack</i>	25-35 litre with a waist belt (Berghaus Freeflow 30)	
<i>Rucksack Liner</i>	Dry Bags or garden waste bags to pack gear into as rucksacks aren't waterproof.	
<i>Trekking Poles</i>	These will ease the pressure away from your knees. We have pairs of these to lend out on hill days.	



<i>Sun Glasses</i>	For those lovely days in the mountains- the sun can be very strong in the mountains.	
<i>Sun Screen</i>	We highly recommend factor 30 minimum.	
<i>Emergency Blanket</i>	Aluminium blanket or bag.	
<i>Personal medication and first aid</i>	Any prescription medicines you need and a small personal first aid kit- Compeed Plaster bring welcome relief to your feet.	
<i>Whistle</i>	To attract attention if you're lost or separate from the group (Not normally part of the plan)	
<i>Water Bottle (at least 2 litre)</i>	You will drink more like 2-3 litres on a hot day so take multiple bottles (if your Three Peaks Challenge is supported 1ltr will be ok) Bladders for your rucksack are great.	
<i>Head Torch</i>	Needs to be above 80 lumens. We have some for sale only £30 for 280 lumens see our <a href="#">blog</a> for details.	
<i>Personal Snacks</i>	Easy to eat snack. Please see our nutrition advise sheet- avoid lots of sugary products.	
<i>Camera</i>	To capture memories to look back on. We do take photos throughout the day with can be downloaded from our Facebook Page.	

This kit list is to provide you with an outline of what you should be carrying on the hill. We have missed off any casual clothing or items you may need for overnight. It can get very cold on the UK hills in summer and therefore we need you to be prepared all items in RED you must have prior to arrival (if you haven't please get in touch prior the event we have lots of spares)

#### Where to find it?

We are supported by Berghaus and Cotswold Outdoors. We have recommended Berghaus products on this kit list but there are lots of other very good outdoor brands on the market. Cotswold Outdoors give all our clients 15% off instore and online using the following code-

AF-ALFADV-C7

Finally..... if you are unsure on what to bring, call or email us and we are more than happy to answer any questions.