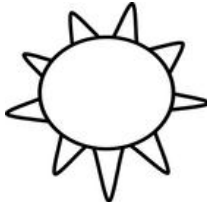



Canterbury Marathon Walk Kit List



Taking the right equipment for your challenge is very important so just get in touch with any questions - we'll be happy to talk you through it. The following recommendations include clothing for all weathers you may encounter; you may not end up needing all of it, but being prepared is vital.

<p>Weather Conditions</p> <p>It could be hot, cold, sunny, rainy, stormy or windy, and conditions can change rapidly! Bring several layers to add and remove as necessary. Early mornings and evenings are often chilly.</p> <p>Conditions can be unpredictable and you should be prepared for any sudden changes. You need good quality kit to keep you warm / cool as appropriate, and dry.</p>	 <p>Average Min/Max Temp 7 - 22°C</p>	 <p>Average Rainfall 43 - 79mm</p>
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ON TREK

✓	ESSENTIAL Trekking Kit & Clothing	<i>We can't stress enough that you have good quality clothing - it can have a huge impact on how much you enjoy the trek, and whether you are able to complete your challenge. Remember that you will be trekking for full days, whatever the weather. Test your kit out in all weather conditions during training, so you have full confidence in it.</i>
	Walking boots	With firm ankle support for uneven ground. Must be well worn in so they are comfortable; ensure the sole pattern provides plenty of grip on rocky ground and is not too worn. Ensure they are waterproofed
	Walking socks	Ensure they wick well, and are the right fit for your boots. Liner socks can make a difference if you suffer from blisters - try out different combinations of socks while training, so you have the perfect fit in time
	Wicking base layer	T-shirts or tops made from wicking material are essential in regulating your body temperature; avoid cotton as it absorbs sweat and will make you cold
	Insulating mid-layer	Warm long-sleeved layer (eg fleece). Thinner layers trap warmth and are more effective and versatile than wearing one thick top
	Waterproof windproof jacket	Good quality (eg gore-tex) essential; material should be breathable and seam-sealed. Combining a lightweight waterproof with a fleece is more versatile than a heavy jacket which is too hot. It must keep you dry in heavy rain, not just showers - test it while training
	Waterproof over-trousers	Lightweight so you don't get too hot. Recommended on cold rainy days (you may find wet legs preferable if it's just a light shower on a warm day). Protects your socks from rain, which helps prevent blisters
	Sunhat / cap	For sun protection
	Trek trousers / shorts	Zip-off trekking trousers add versatility
	Small day-sack	To carry camera, spare layers, fleece, waterproofs, first aid kit, sun cream, snacks and anything else you need for the day. At least 25-30 litre capacity, adjustable shoulder-straps and hip belt essential. Most have compartments for hydration bladders (below)
	Water bottle(s) / hydration bladder	Should be able to carry min 2 litres. A bladder (eg platypus) allows you to drink easily and regularly without stopping and is highly recommended - ensure a compatible fit with your day-pack
	Liquid handwash (waterless)	Small bottle for easy hygienic hand-washing - this prevents any bugs spreading around the group. Wet wipes are also useful
	Whistle	For safety reasons if you become separated
	Snacks (eg cereal bars / dextrose tablets/ dried fruit packs / jelly babies)	Extra sources of energy are highly recommended if you are having a tough day, or have special dietary requirements and need a source of extra energy, or if you just need your personal favourites to motivate you!
	Camera / phone	Fully charged

✓	OPTIONAL Trekking Kit & Clothing	<i>Use your training walks to experiment with your kit. You may not feel you need all the suggestions below, but they can make your trek much more enjoyable or convenient in certain conditions</i>
	Trekking poles	Useful on steep and uneven ground especially if you are tired or unsteady. Reduces the impact on your knees considerably. Use them when training to get used to them
	Head torch	In case it is getting dark towards end of trek
	Sunglasses	Well-fitting; wraparound style useful
	Waterproof rucksack cover	Keeps your day-sack and its contents dry; alternatively line with plastic bags
	Talcum powder / vaseline	Can help with blister prevention - experiment at home while training

✓	Small Personal First Aid Kit	<i>Should be carried in your day-pack; everyone is different so judge what to trek with and what can be left at the finish</i>
	Regular medication	Anything you take regularly or while exercising
	Sun cream & lip balm	Minimum SPF 30
	Painkillers	e.g. ibuprofen, paracetamol
	Anti-histamines	For allergies / insect stings
	Plasters and blister dressing	Zinc oxide tape and dressings recommended for covering hot spots and blisters. Compeed works well at end, but not so effective part-way through
	Rehydration sachets	e.g. dioralyte

✓	Important Documents & Money	<i>We recommend you have digital copies stored in a safe place you can access if required</i>
	Money	You should not need much money but ensure you have cash with you; there is limited access to cash en-route
	Credit Card	Always carry a credit card in case of emergencies
	Travel Insurance Documentation	Optional; we recommend you have cover for loss or damage of personal belongings, personal accident and liability, etc, as well as cancellation