

LONDON TREKATHON KIT LIST

Please find below your kit requirements with short explanations. 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.

✓ Please use this check-list to help you pack!

Important Documents & Money

Money	<i>You should not need much money but ensure you have cash on you; there are cashpoint machines in London</i>
Credit Card	<i>Always carry a credit card in case of emergencies; make sure you know your PIN number</i>

Trekking Gear

Walking shoes/boots	<i>With good sole pattern and firm ankle support. Must be well worn in and waterproofed</i>
Walking socks	
Base layer / T-shirt	<i>Wicking top (eg dryflo) recommended and better than cotton</i>
Waterproof windproof jacket Waterproof windproof trousers	<i>Good quality (eg gore-tex) essential; material should be breathable and seam-sealed.</i>
Hat / cap	<i>For sun protection</i>
Sunglasses	
Trekking shorts / trousers	<i>Zip-off trekking trousers ideal</i>
Fleece / thick jumper	<i>To carry with you in case it gets cold; it may also be cold when you set off early</i>
Day-sack	<i>See luggage notes (below)</i>

General Equipment

Water bottle(s) / platypus	<i>Min 2 litre capacity</i>
Liquid handwash	<i>Waterless for easy hygienic hand-washing</i>
Snacks (eg energy bars / dextrose tablets / dried fruit packs / jelly babies)	<i>Some will be provided but bring top-ups, especially if you have special dietary requirements and may need a source of extra energy</i>
Camera	<i>With fully charged battery!</i>

Small Personal First Aid Kit

Include any medication you take regularly or while exercising, plus:

Sun cream & lip balm	<i>With high SPF protection</i>
Painkillers	<i>eg ibuprofen, paracetamol</i>
Plasters and blister dressing	<i>compeed / moleskin / tape and dressings (whatever works best for your feet)</i>
Antihistamines	<i>Especially if you have allergic reactions to insect stings or pollen</i>

CLIMATE

Be prepared for any weather! It could be sunny, raining, windy, or a mixture of all of them! Daily temperatures can fluctuate from roughly 9 - 24°C at this time of year, and it will be colder early morning and towards the evening. This may only be a one-day trek, but you still need appropriate, good quality footwear and clothing to cope with the weather conditions.

LUGGAGE

You should carry a day-sack large enough to contain your camera, fleece, waterproofs, first aid kit, sun cream, snacks and anything else you need for the day. A day-sack with adjustable shoulder-straps and hip belt is essential. You may wish to line your day-sack with a strong plastic bag to help keep the contents dry if it rains.