

Trek26 Kit List

This kit guide will help you to choose the right kit for your Trek26 challenge. Having the right, good-quality kit will mean on the day you can concentrate on enjoying your trek knowing that you're ready for anything. We'll be trekking on the day no matter what the weather, so make sure you're prepared as the rain isn't going to stop us bringing help and hope to everyone living with dementia.

Item needed		<input checked="" type="checkbox"/>
Walking boots (broken in)	Waterproof boots with good ankle support and soles that have plenty of grip for uneven ground.	<input type="checkbox"/>
Walking socks (and liner socks if you want)	A good pair of walking socks will keep your feet cool and dry and most importantly help to stop blisters. Try out what combination works best for you in training. Carrying a spare pair in your bag is a good idea in case your feet get wet.	<input type="checkbox"/>
Walking trousers	Walking trousers or similar lightweight, quick drying trousers (jeans aren't suitable unfortunately). Trousers that can zip off into shorts are great to give you flexibility whatever the weather!	<input type="checkbox"/>
Walking poles	Most of our Trek26 events have uneven terrain and steep ascents or descents where you may find walking poles help protect your knees and stability.	<input type="checkbox"/>
A lightweight, warm top layer	A warm long-sleeved fleece which is light but cosy and fits well over a t-shirt and under a waterproof to help trap warmth.	<input type="checkbox"/>
A good quality waterproof jacket and waterproof trousers	Your jacket must be good quality and breathable. Ideally made from Gore-Tex or similar it must be fully waterproof and not just water resistant (make sure you test it out in advance).	<input type="checkbox"/>
A hat, sunglasses and sunscreen	In case the sun comes out!	<input type="checkbox"/>
A refillable water bottle or hydration pack	A hydration pack means you can drink without having to stop and get your water bottle out. Just make sure you check it fits with your rucksack before the day. Otherwise a normal, light, refillable water bottle is fine. Either way you should be able to carry 2 litres of water with you.	<input type="checkbox"/>
Rucksack	Small, sturdy, comfortable and lightweight to carry all your bits and pieces. It should be at least 25-30 litres capacity and have adjustable shoulder straps and a hip belt.	<input type="checkbox"/>
Extra snacks	We'll provide plenty of food on the day but if you have any favourites or specific dietary requirements then do bring along your own as well for those all-important energy boosts!	<input type="checkbox"/>
Small personal first aid kit	There will be trained medical support throughout the event but if you have any medication you know you might need on the day, make sure you have it with you. You might also want some painkillers, antihistamines, and plasters if these are things you would normally use.	<input type="checkbox"/>
Money and Keys	It's always good to have some kind of money on you just in case you fancy some of our Trek26 merchandise. If you drive to the start, make sure you put your keys somewhere secure and safe inside your rucksack ready for your journey home at the end of the day.	<input type="checkbox"/>
A phone and camera to record your day	Photos and updates of your progress will help to give your fundraising that final push!	<input type="checkbox"/>



Top Tips

1. Avoid bulky, thick jackets and instead pack multiple thinner layers you can add or take off during the day.
2. If you're buying any new kit the staff in outdoor shops have plenty of experience and will be happy to give you help and advice. Just give them an idea of your budget and they'll be able to recommend good quality products suitable for your trek and your wallet!
3. Don't overpack. A heavy rucksack will make the day feel much harder than it needs to! Try and choose lightweight items and only bring what you need. Remember to bring wet weather gear and sun protection whatever the forecast, as the weather can change suddenly and without warning.
4. If you're driving, bring a change of shoes like some comfy trainers for the drive home to give your tired feet a rest!

5. With blisters, prevention is better than cure! As well as wearing broken in boots and walking socks on the day, bring a supply of plasters or zinc oxide tape that you can apply during the trek if you start to feel any rubbing.

6. Try your boots and walking socks on and do some training walks in them to check they're the right fit for your feet.

Wear your boots regularly to break them before the big day.

You can often get boots from last season in the sales and still get a professional fitting at outdoor shops.

 **Alzheimer's Society**
Trek26

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