



Recommended kit

The right kit will help you stay safe and comfortable. Please make sure you keep a check on the weather in the days running up to your hike as this may affect your packing and will help you dress accordingly on the day. We've made a list of things that you may wish to carry:

- Overview map of the route, ordnance survey or alike.
- Waterproof rucksack or rucksack with waterproof cover/liner inside.
- Suitable footwear: worn-in water repelling hiking boots/trail shoes.
- Waterproof over-trousers.
- Lightweight waterproof jacket with hood.
- Spare dry socks.
- Baselayer, breathable/wicking T-shirt or trekking shirt.
- Comfy trousers or shorts.
- Warm/micro fleece top.
- Consider a change of clothes for when you finish.
- Trekking poles (if used).
- Tissues.
- Face covering.
- Hand sanitiser.
- Credit card and/or cash.
- Mobile phone fully charged.
- Sun hat.
- Sunglasses.
- At least two litres of water (in Camelback, platypus or water bottles).
- Packed lunch (breakfast/tea) and extra food (such as cereal bars, chocolate, fruit and nuts, sweets).

Recommended first aid kit

Use your experience from training to learn where your weaknesses are and predict what problems may arise. Address any possible niggles now before they become injuries on the event and if you have any major concerns, seek medical advice ahead of the day. Basic first aid is the responsibility of the individual, here is our list of suggested items to pack and carry.

- Pain killers.
- Antihistamine tablets.
- Assorted plasters.
- Blister plasters.
- Alcohol hand sanitiser (for clean hands as well as cleaning small wounds).
- Regular medication you take.
- Sunscreen and lip balm with UV protection.



Making the most of short and precious lives across the South West
www.chsw.org.uk

Registered Charity No. 1003314

