



The 3 Peaks Challenge, Kit List

Although the 3 Peaks Challenge will not see you go much above 4,000ft and are not comparable to the big mountain ranges like the Himalayas it is important that you do not underestimate the weather you are likely to face.

It is more than likely that you will see snow on the top of Ben Nevis even in summer and it's not inconceivable that you can see four seasons of weather on one mountain. The weather can change for the worst and quickly so it is important that you are well equipped and prepared to face the elements. This is for you and your team mates' safety first and foremost but having the right equipment will make you more comfortable and more able to complete the challenge.

Below is our recommended equipment list that is divided into three groups, mandatory, optional and already provided by us for your comfort and safety. If you have any questions about your equipment and what to take please feel free to check with us and we can offer advice.

Equipment Description	Take Item?
Baggage and Sleeping	
Day Rucksack (approx 35 litres to carry water, lunch, water proofs)	Yes
Sleeping Bag or Liner to keep warm on the bus	Yes
Sports bag for change of clothes and snacks	Yes
Rucksack liner to keep bag dry	Provided
Clothing	
Hiking Boots (well worn, deep tread and ankle support)	Yes
Waterproof Jacket	Yes
Waterproof Trousers	Yes
Fleece	Yes
Paramo Technical Base Layer	Provided
2 x T-shirts for dry change	Yes
Lightweight Trousers (i.e. cargo pants)	Yes
3 x Underwear (light and loose)	Yes
2 x Hiking Socks (+ a spare)	Yes
Trainers/sandals for dry change	Yes
Woolly Hat/Balaclava and Gloves (thermal lined)	Yes
Sweatshirt	Optional
Shorts	Optional
Wide brimmed hat for sun protection	Yes
Hygiene & Health	
Toothbrush & Toothpaste	Yes
Soap & Shampoo	Yes
Travel Towel	Yes
Deodorant	Yes
Lip salve	Optional
Antiseptic wipes / dry wash	Optional
Razor and cream	Optional
Sanitary products	Optional

Equipment Description	Take it?
Hygiene & Health Cont	
After sun moisturiser	Optional
Vitamins (not essential but recommended)	Optional
Hairbrush/comb	Optional
Sun Protection	Yes
Insect Repellent	Yes
Other	
Bivy Bag	Provided
Mountain Whistle	Provided
Torch with spare bulb and batteries (head torch recommended)	Yes
Water Bottle / Platypus (two 1 litre vessels minimum)	Yes
Cash (No more than £30 needed)	Yes
High Energy Snacks (some will be provided)	Yes
Spare Boot Laces	Yes
Adjustable walking pole with rubber tip (highly recommended)	Optional
Camera and film	Optional
Sunglasses with UV protection	Optional
Alarm clock / watch	Optional
Ear Plugs	Optional
Note book and pens	Optional
Small First Aid Kit	
Pain killers / paracetamol	Yes
Compeed Blister Plasters	Yes
Rehydration sachets (such as Dioralyte)	Yes
Diarrhoea tablets	Yes
Any medication normally used	Yes
Knee Support	Optional