

# KIT LIST



## INTRODUCTION

This document will give you some further guidance on what you should consider with regards to the purchasing of kit you require from the challenge.

The kit list found towards the end of this document will detail everything that you need to bring with you on your challenge. In the kit list some items are marked as 'Mandatory', if you do not bring these items then you may not be allowed to begin the challenge on the grounds of safety. If the kit is marked as 'Recommended' it is your choice whether you bring it or not, these are suggested items that we feel will be of some benefit to you during the challenge.

## CLOTHING

**Socks** – Always wear good quality socks with your boots. Try on your boots with the socks that you will be wearing on the challenge. One thing to remember is that your socks are just as important as your footwear. If they do not fit correctly they can cause just as much discomfort, even if your boots are well fitted.

If you can, spend money on socks that fit perfectly and also work well in the wet. As with your boots go and ask the experts at your local outdoor shop as there are many different types available.

Socks made out of wool or any other natural material are ideal as they are great for drawing moisture away from the skin and are quick drying and therefore less likely to give you blisters. Make sure that they fit you nice and snug and pay particular attention to the areas around the heel and toes. Also, ensure that they don't slip down whilst you are walking.

A change of socks for during the challenge is a good idea in case you end up with sweaty or wet feet Dirty socks have less cushioning and can cause friction. Changing your socks regularly can really help so take more than you think that you will need.

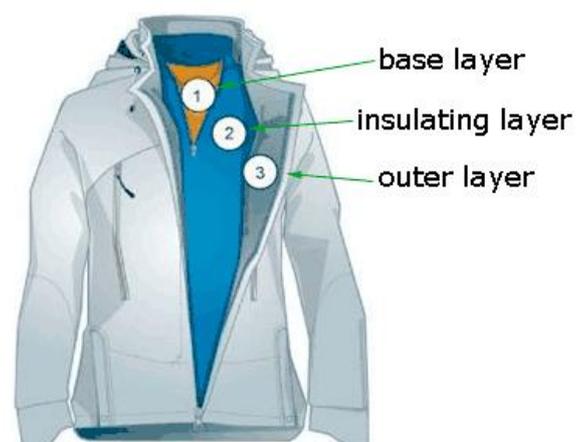
When walking, it's always best to adopt a layering system to your clothing. This ensures that you can adapt quickly to the weather and changes to your body temperature.



**Base Layer** – this layer will draw moisture away from the skin. Cotton should be avoided as it holds moisture, takes a long time to dry and can make you cold. Synthetic fibres, such as polypropylene and polyester work the best. Your base layer should be relatively close fitting but still comfortable.

**Mid Layer/Insulating Layer** – this layer is to help keep you warm, it does this by trapping air between the fibres. Fleece is great at doing this and makes an ideal breathable layer. Some mid layers come with a wind blocking membrane so you can keep the wind out without the need to put an outer waterproof layer on.

**Outer Layer** – this layer should be a waterproof, breathable jacket with taped seams.



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## WALKING BOOTS

Your feet are going to be your best friends from now on, so please keep them happy! Your walking boots need to be comfortable and specifically designed for walking. Reasonably high ankle supports on your boots are desirable and a stiff heel counter to give you lateral support is also recommended. It's always worth investing in a good pair of walking boots and also appropriate socks.

Your feet naturally swell during the day, so it's advisable to try boots on for size towards the end of the day. This will ensure they will fit when your feet are at their largest. Go and ask the experts too. Your high street will have many outdoor shops where the staff are



specifically trained to help you. Try to find a shop that can accurately measure the length and width of your feet, as this will ensure the best fit.

To break in your footwear, start by wearing them for an hour or so every day; wear them around the house to do your cleaning or wear them to go shopping. Fit wearing them into your lifestyle, you may not look fashionable, but it will make such a difference when wearing them on the challenge.

Gradually increase the time that you wear your boots. Once you start wearing them comfortably for a number of hours over consecutive days, you should be ready to start using them for long distance walking.

## EQUIPMENT

**Walking Poles** – can be very useful as they distribute the weight between your arms and legs. They are particularly helpful when walking long distances as they can reduce the strain on your legs which means you can keep going for that little bit longer. They are also great for extra support when walking up or down steep sections. It's entirely up to you if you want to use them, just remember to use them in your training if you intend to use them on the challenge.

**Daypack/running pack** – You will definitely need some method of carrying the mandatory items on the kit list plus anything else you feel you will need during the challenge. Although your pack shouldn't be too heavy getting the fit of your pack correct will make all the difference when you are walking or running long distances. Look for a pack with a chest and waist strap to limit movement of the straps and keep any weight off the shoulders.



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## EMERGENCY KIT

All emergency items on the kit list are mandatory and must be carried by every TrekFest participant irrespective of weather conditions or if you are participating as part of a team. It is hoped that you will not need to use any of the items however it's always best to be prepared for the worst-case scenario. Below is a brief description of each of the items and their uses.

**First aid kit** – Whilst TrekFest will provide adequate first aid cover during the challenge we do require that all participants bring their own personal first aid kits that include as a minimum: a triangular or conformable roller bandage, assorted adhesive dressings, gauze or gauze bandage suitable for compressing bleeding wounds, blister treatment kit. This is so that individuals can deal with minor issues themselves or help others in an emergency. Participants should bring with them any personal medication that is required.



**Survival bag or foil blanket** – In the interests of keeping yourself or a casualty warm in an emergency adding extra layers and getting inside a survival bag or being wrapped in a foil blanket can make all the difference especially in poor weather conditions.



**Warm hat and gloves** – In the event that you are stuck in a remote area for a prolonged period of time keeping warm is important. Whilst it may be a sunny day (we hope!), in the worst-case scenario a warm hat and gloves are essential for keeping warm.



**Whistle** – At the basic end of emergency communication is the whistle for summoning help. The international distress signal is 6 blasts repeated with an interval of one minute between each series of 6 blasts. You should keep signalling until you are certain that rescuers are on their way to you.



**Participant armband** – Your participant armband will be provided during registration on the day of the event, it must be worn on your arm and visible at all times during the challenge. The armband contains contact information for Event Control in case of an emergency and allows you to be identifiable as a participant of TrekFest.



**Mobile phone** – A mobile phone must be carried by every TrekFest participant and the number for this should have been provided during online registration. If this number has changed or you are carrying a different mobile then you must inform the staff on site when you register for the event on the day. If you plan on using your phone for anything other than emergency calls such as GPS tracking or posting on social media then it is recommended that you bring a power bank to ensure your phone maintains charge throughout the challenge.



**Emergency food** – This is required if you need to wait for rescue or your sugar levels become critically low during the challenge. A couple of chocolate bars such as Mars or Snickers tucked away in your rucksack (to avoid the temptation to eat them in a non-emergency situation!) are ideal for such eventualities. Alternatively, if you are running you may wish to consider carrying energy gel sachets.



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## BLISTERS AND CHAFING

The two things that will probably affect you the most during your challenge will be chafing and blisters. Both of these are extremely common when walking long distances. There are many things that you can do to prevent blisters and chafing, here are a few to get you going:

Make sure your boots fit you right – Make sure your footwear fits you correctly when you buy them. When wearing your boots tighten laces regularly to prevent movement and keep toenails cut short to prevent rubbing.

**Break in your footwear** – Always break in your footwear, wear them as much as you can so they adapt to the shape of your feet.

**Change your socks frequently** - As you will be covering long distances socks will likely become damp with sweat. Changing socks regularly will help keep feet dry and reduce the chance of blisters.

**Avoid cotton underwear** - The biggest factor in avoiding chafing is your underwear. Your underwear is in continual and direct contact with your skin, if you are going to have problems, that's usually where they start. If possible, buy moisture wicking sports underwear.

**Prevention is better than cure** – If you know that you are prone to blisters and/or chafing then take action before you start walking. For blisters try taping your feet with zinc oxide tape in the areas you get blisters. If you are prone to chafing try using a preventative such as Vaseline or a specialist running or cycling lubricant.

## BUDGETING FOR YOUR KIT

It is difficult to provide an accurate budget when purchasing items of kit as it depends on a variety of different factors – how much of the kit you already have, how often you plan to use it or if you are already or planning to become a seasoned walker you may want to invest in better quality kit than if this is just a once in a lifetime challenge.

Below are some approximate costs you could expect to pay for some of the key items:

Item	Approx. Cost
Walking boots	£30 - £75
Backpack/rucksack	£30 - £50
Walking poles	£15 - £20
First aid kit	£5 - £10
Waterproof trousers	£20 - £30
Waterproof coat	£40 - £60
Trekking clothing inc. trousers, micro fleece, baselayer and socks	£50 - £80

## DISCOUNT

All participants on our TrekFest challenges are entitled to a 15% discount with the following retailers both online and instore:

- Cotswolds
- Runners need
- Snow and Rock

A voucher including the online discount code is available to download in the participant area.



# TREKFEST KIT LIST - TREKKERS

**Mandatory Kit** - This kit forms part of our safety procedures and has been specified with your welfare in mind. All items must be carried by anyone taking part in TrekFest. Anyone failing to carry any of the items listed in the mandatory section will not be permitted to take part under any circumstances. Random kit checks will take place during registration and prior to the start of the event.

**Recommended Kit** - Further items that you may consider bringing for the challenge are listed in the recommended section. There may be other items you wish to bring so do take into account your personal preferences and use your common sense. Remember that this is no walk in the park and you must respect the mountainous environment that you will be trekking in especially the changeable weather. Don't scrimp on your kit but equally don't overload yourself either.

MANDATORY KIT
<b>CLOTHING</b>
Waterproof jacket and trousers with taped seams
Mid layer – fleece jumper/ coat not cotton
Suitable trekking footwear such as walking boots, walking shoes
<b>EQUIPMENT</b>
Day pack (approx. 25 litres must be able to carry all mandatory kit)
Head torch and spare batteries ( <i>50km participants only</i> )
Water bottle (2 litres minimum or 2 x 1 litres) – ‘re-hydration systems’ are a great idea and highly recommended
Route guide (provided at registration)
Timing chip (provided at registration and must be worn)
<b>EMERGENCY KIT</b>
Mobile phone (fully charged)
Participant armband containing emergency procedures and contacts (provided at registration and must be worn)
Whistle – for attracting attention in an emergency
Emergency food supplies
Warm hat and gloves
Survival bag or blanket
Basic First Aid Kit - must include as minimum: A triangular or conformable roller bandage, assorted adhesive dressings, gauze or gauze bandage suitable of compressing bleeding wounds, blister treatment kit

RECOMMENDED KIT	
EQUIPMENT	CLOTHING
Walking Poles (personal preference)	Quality base layer/ technical t-shirt
Camera	Lightweight trekking trousers
Map case for route guide	Change of socks
Sun glasses	Additional warm layer windbreaker jacket or primaloft
Sun screen	Sun hat
Talcum powder for feet	
Vaseline or similar to deal with chafing	

# TREKFEST KIT LIST - RUNNERS

**Mandatory Kit** - This kit forms part of our safety procedures and has been specified with your welfare in mind. All items must be carried by anyone taking part in TrekFest. Anyone failing to carry any of the items listed in the mandatory section will not be permitted to take part under any circumstances. Random kit checks will take place during registration and prior to the start of the event.

**Recommended Kit** - Further items that you may consider bringing for the challenge are listed in the recommended section. There may be other items you wish to bring so do take into account your personal preferences and use your common sense. Remember that this is no walk in the park and you must respect the mountainous environment that you will be trekking in especially the changeable weather. Don't scrimp on your kit but equally don't overload yourself either.

MANDATORY KIT	
CLOTHING	
Waterproof jacket with taped seams and full leg cover	
Mid layer – fleece jumper/ coat not cotton	
Suitable trail running footwear	
EQUIPMENT	
Running pack, Bum bag/ Ultra-Running Vest (must be able to carry all mandatory kit)	
Head torch and spare batteries ( <i>50km participants only</i> )	
Water bottle (1 litre minimum) – ‘re-hydration systems’ are a great idea and highly recommended	
Route guide (provided at registration)	
Timing chip (provided at registration and must be worn)	
EMERGENCY KIT	
Mobile phone (fully charged)	
Participant armband containing emergency procedures and contacts (provided at registration and must be worn)	
Whistle – for attracting attention in an emergency	
Emergency food supplies	
Warm hat and gloves	
Survival bag or blanket	
Basic First Aid Kit - must include as minimum: A triangular or conformable roller bandage, assorted adhesive dressings, gauze or gauze bandage suitable of compressing bleeding wounds, blister treatment kit	

RECOMMENDED KIT	
EQUIPMENT	CLOTHING
Map case for route guide	Quality base layer/ technical t-shirt
Sun glasses	Additional warm layer windbreaker jacket or primaloft
Sun screen	Sun hat
Talcum powder for feet	
Vaseline or similar to deal with chafing	