

Kit List: What You'll Need

Before You Go: Pre-planning

Pack the recommended kit

You'll need the right equipment with you for the best and worst-case scenario – the weather and temperature can change dramatically between the foot of the mountain and the summit - see our recommended kit list below.

Check latest mountain weather forecasts

Check the mountain weather forecast before you set out and be prepared to turn back if the weather worsens. Have a Plan B in place in the event of bad weather. Good sources include:

[MWIS](#)

[Met Office Mountain Forecast](#)

Plan your route

Make sure that the Challenge is achievable for you and your group's experience and fitness level. Getting out into the mountains can be hard work even in summer – challenge yourself but be aware of the fitness levels, and experience of the group as a whole – not just your own. Plan plenty of training days before the Challenge. Have a map and compass and know how to use them. Study each route in detail, find out how long it should take and make sure you're well prepared for when it gets dark.

What To Wear On The Hill

- A comfortable rucksack
- Walking boots (make sure you've worn them in)
- Decent thick hiking socks
- 'Wicking' base-layer top and trousers (merino wool is fab but expensive!)
- Hiking trousers i.e. quick dry
- Fleece



Rucksack Kit List

- Dry bags to keep kit dry in your rucksack
- Waterproof trousers and jacket
- Hat and gloves (and spares)
- Maps and compass
- Spare warm clothes
- Headtorch and spare batteries
- Fully charged mobile phone
- Food and drink
- Walking poles (highly recommended)!
- First aid kit
- Blister plasters (Compeed or similar)
- Whistle
- Group shelter
- Sunscreen

Extra Stuff That Will Come in Handy

- Spare socks – 1 pair per mountain
- Plenty of water (approx. 2 litres per mountain)
- Car phone charger
- Music and headphones
- Dry set of warm clothes and comfy shoes for the journeys