

YORKSHIRE 3 PEAKS KIT LIST

- Rucksack – 25 to 35 litres
- Rucksack liner (or bin bag) – to keep rain out
- Sturdy, comfy walking boots or trail shoes with ankle support and grippy sole
- Comfortable, thick walking socks
- Base Layer/T-shirt (not cotton)
- Comfortable walking trousers (not jeans)
- Fleece layer/jacket
- Spare warm layer in rucksack
- Waterproof jacket
- Waterproof trousers
- Warm hat
- Warm gloves
- At least 2 litres water in re-usable bottles
- Packed lunch/snacks/sweets and rubbish bag to take items home in
- Walking poles
- Mobile Phone in a waterproof case/bag
- First Aid kit – personal blister protection, personal medication, painkillers, plasters
- Headtorch or handtorch (with spare batteries)