

# The Great North Explore kit list

Below you will find everything you need for your walking challenge!

Items marked with an \* are essential for the challenge. The other items are optional which you may find helpful on the day.

## Equipment



### Rucksack

Large enough to fit all this kit in. 30 – 40 litres in size should be appropriate.

### Waterproof rucksack liner

A bin bag is adequate.

### \* Torch

Preferably a head torch.

### Mobile phone

### Food

A packed lunch plus snacks. High energy foods such as nuts and dry fruit are best.

### \* Liquid

You must carry at least one litre of cold water along with a flask with a hot drink of your choice.

### \* Personal first aid kit

Include painkillers, ibuprofen, blister patches, personal medication and a crepe bandage.

### Sunscreen

### Bivvy bag

Also known as a survival bag, to be used in emergency situations.

### Walking poles

Very useful if you have them but make sure you know how to use them. Brief guidance can be given on the day.

### Camera

### Glucose tablets

## Clothing



### \* Walking boots

Walking boots or shoes. Please note plimsolls or thin training shoes are not suitable and you may be refused permission to participate.

### Short/long sleeve base layer top

Not cotton

### \* Fleece or thermal top

### \* Waterproof jacket and trousers

### Walking trousers or leggings

You may wish to bring a spare pair or shorts for if it is hot.

### Sunhat and sunglasses

### \* Wool hat and windproof gloves

### Spare pair of socks

