

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.

* 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.

* Wool hat and windproof gloves

Spare pair of socks

