

HOUSEBUILDER CHALLENGE EQUIPMENT CHECKLIST



Please note that this is not an exhaustive list, but notes the items you must carry with you (compulsory) and the items you should consider bringing along for the event.

- Walking Boots with ankle support (compulsory)
- Walking socks (compulsory)
- Walking poles (compulsory – at least one set per team)
- Compass (compulsory - at least one per team)
- Whistle (compulsory)
- Base Layer – ACL/Dry Flo etc
- Mid Layer – fleece
- Mid Layer – suitable trousers (lightweight/softshell/water repellent, not jeans)
- Outer Layer – waterproof jacket (compulsory)
- Outer Layer – waterproof trousers (compulsory)
- Rucksack
- Cap/Hat
- Containers for drinking water (bladder pack or bottles)
- Food/Nutrition for while you are completing the challenge itself
- First Aid Kit (including anti histamine and blister plasters e.g. Compeed)
- Any medication you currently use
- Sunscreen
- Maps – Please download the route map from the event participant dashboard.

