

Hike Bike Paddle Kit List



HIKE



INDIVIDUAL

Walking Boots with ankle support (compulsory)
Walking socks
Whistle (compulsory – one per person will be supplied)
Head torch (compulsory)
Base Layer – ACL/Dry Flo etc
Mid Layer – fleece & suitable trousers (lightweight/softshell/not jeans)
Outer Layer – waterproof jacket and trousers (compulsory)
Rucksack
Cap/hat

TEAM

Walking poles (compulsory - at least one set per team)
Compass (compulsory - at least one per team)
Map (compulsory - one per team will be supplied)

BIKE



Bike (compulsory!)
Helmet (compulsory)
Bike Lights (compulsory)
Small rucksack/bladder pack/water bottles (compulsory)
2x spare inner tubes (compulsory)
Puncture repair kit (compulsory)
Cycling gloves
Padded cycling shorts
Trainers with good grip/appropriate cycling footwear
Sports style clear or shade glasses
Energy gels

PADDLE



Wetsuit or clothes suitable for getting wet in (compulsory)
Wet shoes/old trainers (compulsory)
Dry bag
Towel
Flask of hot drink

GENERAL



INDIVIDUAL

Water/hydration (compulsory)
Lunch/snacks/nutrition (compulsory)
Medication
Suncream/sunhat
Insect repellent
Activity tracker

TEAM

First Aid kit (including anti histamine and blister plasters e.g. Compeed) (compulsory)