

# WILTSHIRE 3 PEAKS CHALLENGE KIT LIST



*Please note that this is not an exhaustive list*

## *Items you must have (compulsory):*

- Appropriate clothing for the weather: you might need anything from waterproofs & thermals to sunglasses & sunhats!
- Walking shoes or boots, or trail running shoes if running (road running shoes are not suitable)
- A fully charged phone
- If taking part with a dog, your dog must be kept on a lead, and bring water and food for your canine friend too

## *Other items you should consider:*

- Rucksack or running vest
- Water, food and snacks for while you are completing the challenge - tea, coffee and cakes will be waiting for you back at Challenge HQ!
- First aid kit, including antihistamine and blister plasters, and any medication you currently use/might need
- Map - this will be provided at registration and the route will be marshalled; you can also download the route GPX file from the event participant dashboard for use with navigation devices
- Walking poles (if you normally use them)

It is tick season so we recommend that you wear long trousers and make sure you check for ticks after the event.