

# 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.