

THAMES VALLEY TREK KIT LIST



Mandatory Kit - This kit forms part of our safety procedures and has been specified with your welfare in mind. All items must be carried by anyone taking part. Anyone failing to carry any of the items listed in the mandatory section will not be permitted to take part.

Recommended Kit - Further items that you may consider bringing for the challenge are listed in the recommended section. This list has been based on recommendations from previous challenges, there may be other items you wish to bring so do take into account your personal preferences and use your common sense.

MANDATORY KIT
CLOTHING
Waterproof jacket and trousers with taped seams
Mid layer – fleece jumper/ coat not cotton
Suitable trekking footwear such as walking boots, walking shoes
EQUIPMENT
Day pack (approx. 25 litres must be able to carry all mandatory kit)
Water bottle (2 litres minimum or 2 x 1 litres) – ‘re-hydration systems’ are a great idea and highly recommended
Route guide (provided at registration)
EMERGENCY KIT
Mobile phone (fully charged)
Participant armband containing emergency procedures and contacts (provided at registration and must be worn)
Whistle – for attracting attention in an emergency
Emergency food supplies
Warm hat and gloves
Survival bag or blanket
Basic First Aid Kit - must include as minimum: A triangular or conformable roller bandage, assorted adhesive dressings, gauze or gauze bandage suitable of compressing bleeding wounds, blister treatment kit

RECOMMENDED KIT	
EQUIPMENT	CLOTHING
Walking Poles (personal preference)	Quality base layer/ technical t-shirt
Camera	Lightweight trekking trousers
Map case for route guide	Change of socks
Sun glasses	Additional warm layer windbreaker jacket or primaloft
Sun screen	Sun hat
Talcum powder for feet	
Vaseline or similar to deal with chafing	

