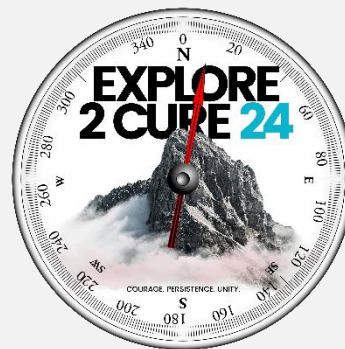


## National 3 Peaks Equipment List

### Clothes

- ☐ Baselayer top x2 or x3\*
- ☐ Baselayer bottom
- ☐ Fleece\*
- ☐ Walking trousers\*
- ☐ Waterproof top and bottom\*
- ☐ Lightweight walking boots\*
- ☐ Walking socks x3\*
- ☐ Hat\*
- ☐ Gloves x2\*
- ☐ Change of underwear



### Other equipment

- ☐ Day sack / Back pack 20/25L\*
- ☐ Hydration pouch / camel back
- ☐ Water bottle\*
- ☐ Whistle\*
- ☐ Head torch & spare batteries\* (hand torch not acceptable)
- ☐ Compass
- ☐ Map
- ☐ Sunglasses
- ☐ First aid kit Inc. blister treatment\*
- ☐ Walking poles
- ☐ Emergency or foil blanket\*
- ☐ Food in between and whilst on the mountain\*
- ☐ Comfy clothes/shoes to wear on the minibus in between mountains

**\* = essentials. The rest are to make the adventure as comfortable as possible and are the individual's choice.**