

Kit List

Make sure you pack according to the list. Remember that layers are the key, allowing you to adjust your temperature more easily. This list is the minimum requirement (not optional). You may be refused participation if your kit is not adequate for the weather conditions.

- Rucksack – at least 25 litres
- Rucksack liner (or bin bag) – to keep rain out!
- Sturdy, comfy walking boots with ankle support
- Thick walking socks (and liner socks if needed)
- Base Layer/T-shirt (not cotton)
- Walking trousers (not jeans)
- Fleece layer/Jacket
- Spare warm layer in rucksack
- Waterproof Jacket - essential
- Waterproof Trousers – essential
- Warm Hat - essential
- Warm Gloves – essential
- Headtorch (3 Peaks/Welsh 3000s only)
- 2 x 1 litre Water Bottles/2 x litre Bladder
- Bag or Box for Pack Lunch/extra juice drinks
- Trekking Poles (highly recommended)
- Camera
- Suncream/Sunglasses/Sun Hat
- Mobile Phone in sealed plastic bag
- Sandwich Bags for sealing articles
- First Aid Kit – personal blister protection, Compeed, Ibruprofen/painkillers, plasters

Please see our additional Winter Kit List if appropriate



Health and Fitness

To enjoy and succeed in this event you need to be in good physical condition – able to withstand sustained activity over a number of hours, including steep ascents and descents. We will cover high-level terrain which is rocky and uneven underfoot. A sense of humour to cope with any adverse weather conditions is also quite beneficial!

Please contact us to discuss any personal issues about fitness and medical conditions prior to the event. We need to know about existing medical conditions and anything that occurs after completing the attached Booking Form.

Every participant must complete the appropriate Booking Form IN ADVANCE – containing important personal and medical details. This can be found in our website. Please refer to our Terms & Conditions as set out on the Booking Form and website.

Participation will be denied without receipt of a completed Booking Form.

Please contact us if you have any questions on any kit or equipment

info@raw-adventures.co.uk

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QUIT TALKING & START DOING...

RAW Adventures - Mountain Activities Ltd

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