



KIT LIST

Our comprehensive kit list has evolved over many successful expeditions. Having the correct clothing and equipment on the mountain makes your trip more enjoyable and comfortable. For specific advice on individual items, please contact us or talk to a specialist outdoor retailer prior to your trip.

GENERAL

- Passport, insurance & travel documents, plus photocopies.
- Lightweight running pack/vest that can carry 1l of water, extra layers and snacks.
- Waterproof liner bags (or Dry Sacks).
- Sleeping bag liner.
- Headtorch – Please bring spare batteries.
- Trekking poles – Highly recommended.
- Camera, and spare batteries.
- Personal entertainment – Music, book/Kindle, diary, notepad & pen.

FOOD & TOILETRIES

- Water Bottles - 2 x 1 litre water bottles.
- Sunscreen & Lip Protection - Essential. High SPF (50+).
- Wash Kit - Wet wipes, hand sanitizer, toothbrush & toothpaste, travel towel.
- Toilet Paper - Provided but having some of your own is recommended.
- Snacks. High energy, lightweight and tasty. Energy snacks for the run.
- First Aid Kit - Your guide will carry a comprehensive group first aid kit. A small blister/first aid kit of your own is advised: Compeed/Second Skin; plasters, painkillers (Paracetamol and Ibuprofen), Zinc Oxide tape, powdered rehydration sachets, anti-bacterial foot powder plus any personal medication you need.
- Small Repair Kit - Gaffer tape, needle and thread, zip ties and para-cord are useful for little repairs.

HEAD & HANDS

- Sunglasses – Category 3 or 4, 100% UVA/UVB.
- Sun hat/cap.
- Warm hat.
- Buff .
- Thin gloves – Windproof liner gloves.

UPPER BODY

- Down jacket – For evenings.
- Waterproof jacket - Lightweight and breathable with taped seams e.g. Gore-Tex or equivalent.
- Base layers - T-shirts or lightweight long sleeve shirts (not cotton). Polypropylene, Capilene or merino wool in lighter colours are better.
- Suitable underwear for hot and cold weather, preferably not cotton.

LEGS & FEET

- Trail running shoes – Comfortable, worn-in and suitable for tough, off-road terrain. Road running shoes are not suitable.
- Flip flops/Sandals - For use in the evening.
- Socks - 3-4 pairs of lightweight trekking socks, plus a pair of thicker mountaineering socks e.g. Smartwool, Thorlo.
- Long Thermal Leggings.
- Waterproof Trousers - Lightweight and breathable with taped seams e.g. Gore-Tex or equivalent.
- Running Kit – 3 pairs of socks, tops, bottoms and underwear, suitable to cover a range of temperatures.
- Swimming Costume..