

If you are joining our Yorkshire Three Peaks challenge, then you're in for a great day...as long as you have the right gear.

Please bear in mind you will not be allowed to participate in our Yorkshire Three Peaks challenge if you do not have the essential kit listed below. These items are important to have for your own health, safety and comfort.

While conditions may be sunny or tranquil where you live or at the start of the walk, things can be very different at the top of a hill so packing for the worst case scenario is always best. Therefore, we recommend spending time a few days' before your challenge using these checklists to ensure you have the right kit.

The optional gear list items are still good to have, especially if you are a regular walker. At the bottom there is a list of things you also might need if you're on a weekend trip as part of your Yorkshire Three Peaks adventure.

Video link – What kit do you need for the Yorkshire 3 Peaks

<https://vimeo.com/479796188>

Essential

Backpack - to carry your spare clothing, food and water. 30 litres capacity is ideal.

Waterproof Jacket and Trousers - these range from the very cheap to the very expensive, so we'll leave it up to you. Make sure they are 'waterproof' rather than 'water resistant'.

Baselayer - something to wear next to your skin when you're walking. We advise against cotton as it soaks up water, rubs, and doesn't dry easily. A synthetic T-shirt is a good idea, or if you get cold easily you may want to try wool.

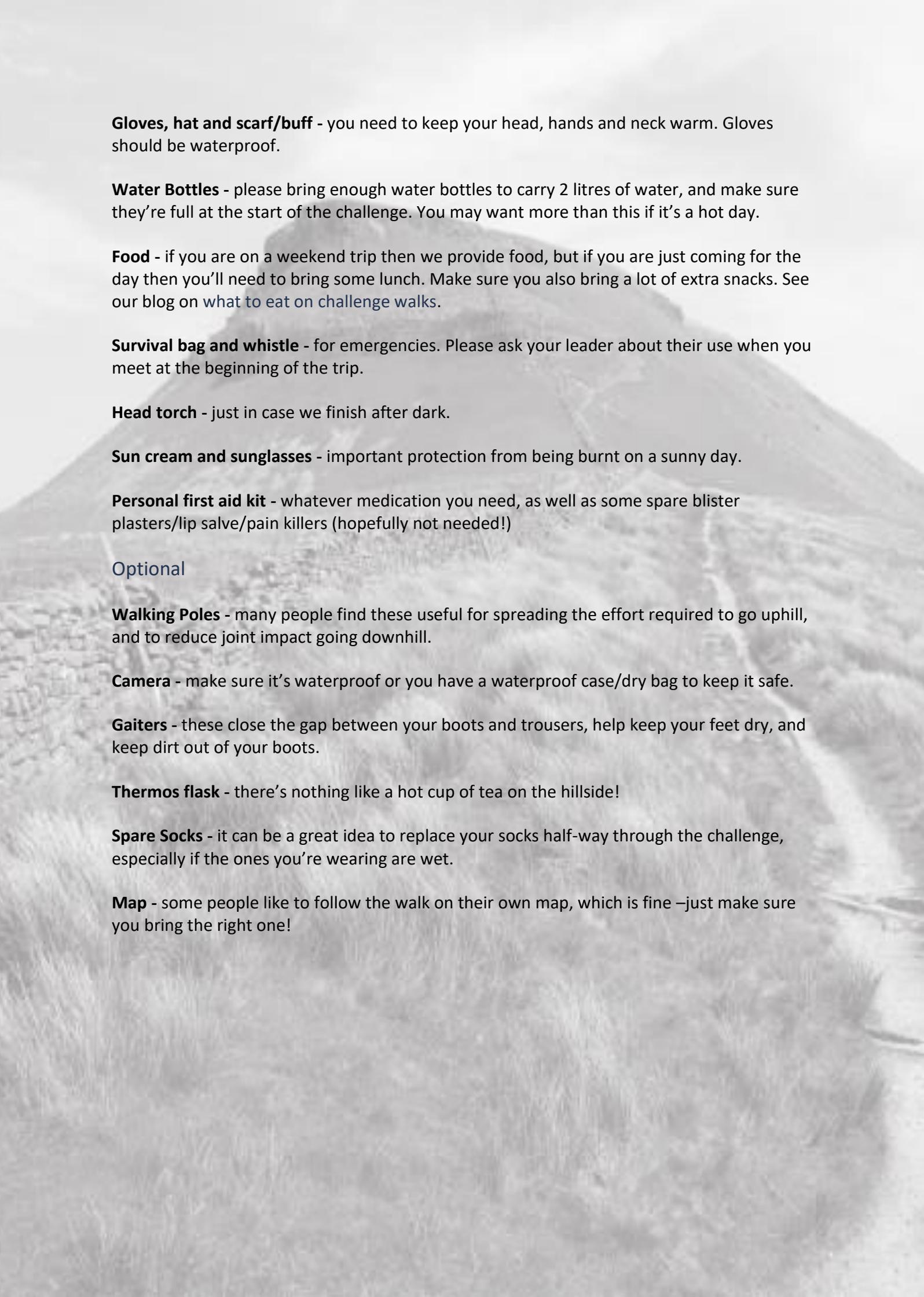
Fleece/Jumper - something to keep you warm. You may want a thick and thin fleece if it's a cold day.

Boots - a good pair of **walking boots**. We recommend buying these in a shop and trying them on first, rather than ordering them online, as different brands are slightly different shapes.

Walking socks - proper walking socks have more padding at the heel and are designed to wick away sweat.

Dry Bags - you need to keep the things in your bag dry, so we recommend dry bags, which come in different sizes and can be used for everything from cameras to jumpers. Plastic bags also work but are liable to tear.

Walking Trousers - you want something light-weight and flexible, and that dry easily. Please do not walk in jeans, as these soak up a lot of water, or are stifling on a hot day.



Gloves, hat and scarf/buff - you need to keep your head, hands and neck warm. Gloves should be waterproof.

Water Bottles - please bring enough water bottles to carry 2 litres of water, and make sure they're full at the start of the challenge. You may want more than this if it's a hot day.

Food - if you are on a weekend trip then we provide food, but if you are just coming for the day then you'll need to bring some lunch. Make sure you also bring a lot of extra snacks. See our blog on [what to eat on challenge walks](#).

Survival bag and whistle - for emergencies. Please ask your leader about their use when you meet at the beginning of the trip.

Head torch - just in case we finish after dark.

Sun cream and sunglasses - important protection from being burnt on a sunny day.

Personal first aid kit - whatever medication you need, as well as some spare blister plasters/lip salve/pain killers (hopefully not needed!)

Optional

Walking Poles - many people find these useful for spreading the effort required to go uphill, and to reduce joint impact going downhill.

Camera - make sure it's waterproof or you have a waterproof case/dry bag to keep it safe.

Gaiters - these close the gap between your boots and trousers, help keep your feet dry, and keep dirt out of your boots.

Thermos flask - there's nothing like a hot cup of tea on the hillside!

Spare Socks - it can be a great idea to replace your socks half-way through the challenge, especially if the ones you're wearing are wet.

Map - some people like to follow the walk on their own map, which is fine –just make sure you bring the right one!