



# HIKE 1 Day Event Kit List

# Clothing

**\* = Must Haves = you will not be permitted on the ride without these items**

## Clothing

- \*Waterproof Jacket
- \*High wicking T-Shirt
- \*Insulation Jacket / Fleece
- Base Layers
- \*Gloves – Water/Wind Proof recommended
- \*Hat for Cold & Hot weather
- \*Walking trousers
- \*Waterproof over trousers
- Sun Glasses

## Your Feet

- Good Quality Walking Socks (Good quality socks reduce chance of blisters)
- \*Good Quality Walking Boots –
- *Some walking shoes are acceptable please ask us first before arriving in shoes*
- Spare Socks



# In Your Backpack

\* = **Must Haves** = you will not be permitted on the ride without these items

- \*1.5 Litres of Water, in bottles or bladder
- \* Snacks & Lunch
- \*Personal first aid kit & personal medication
- Blister Plasters
- Walking Poles
- Whistle
- \*Charged mobile phone with What 3 Words &/or Viewranger downloaded
- Sun cream
- Walking Poles – highly recommended



# Hydration & Nutrition

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- \* 1.5 litres of water minimum– in bottles or bladder  
*your T.A.S.S guide will carry water purification tablets or a filter for emergencies in Hot weather*
- Hydration Tablets – These help the body hydrate more efficiently
- Electrolyte/Energy Tablets/Gels – These restore electrolytes spent exercising
- - *Please note some Energy snack, Tablets, gels have **high levels of caffeine**. Please check the nutritional information. If your snack/tablets/gel contain caffeine please monitor your intake of these and other caffeinated items especially coffee – **Caffeine Overdoses are Serious!***
- \*Snacks – You know what you like – *We recommend chocolate (on cooler days), cereal bars / flapjack and Fruit – High sugar sweets or dried fruit are also a great little pickup (Haribo, Jelly Babies etc)*
- \*Lunch – Sandwiches and Rolls.
- \***Do not drink Alcohol during the event – plenty of time for that afterwards – You will be asked to leave the event if you appear intoxicated on Alcohol or any other substance**



