

Hospice National 3 Peaks Recommended Kit List

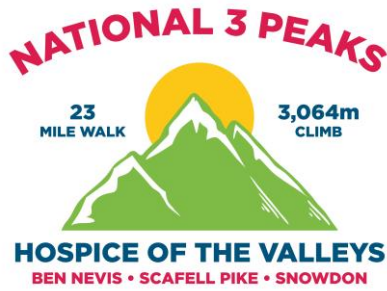
You MUST adhere to the kit lists and ONLY carry the items needed on each walk.

Instructors will have First Aid equipment, but all participants must carry the following kit whilst walking each mountain.

Excess items such as spare clothes and food can be left on the minibus during the walks. The aim is for each participant to carry as light a pack as possible to aid a quicker pace. Please be aware there may be items added to the list later.

When packing your rucksack, make sure that the items that you will need to get out in a hurry, such as waterproofs, hat, gloves etc are readily accessible, while items such as lunch are packed nearer the bottom of the rucksack. Also, ensure that heavier items, such as a flask, are kept to the back of the rucksack (nearer to your back) so that the centre of gravity is closer to your body to avoid injury.

Got It	Packed It
Walking boots (if new ensure they have been worn several times prior to the challenge)	
Rucksack	
Headtorch and spare batteries	
Platypus or Water bottle minimum of 1.5 – 2ltrs of fluid must be carried for each walk (Not fizzy drinks)	
Walking poles (optional)	
Fleece top plus spares	
T-Shirts (2-3)	
Walking trousers	
Waterproof bottoms and Top	
Walking Socks (2 -3 pairs)	
Gloves	
Personal first aid kit (MUST include all personal medication and blister plasters)	
Suncream and hat	
Powerpack to charge phone (optional)	
Sunglasses (optional)	
Shower kit (optional)	
Cash or bankcard for evening meal and food/drink purchase's during stops	
Nightwear for bunkhouse	
Spare clothes and underwear	
Comfortable shoes for traveling	
High energy rations	
Jelly sweets (optional)	
Breakfast to prepare in the bunkhouse	



- ✓ Suitable strong supportive footwear eg walking boots *Trainers are not suitable footwear and could lead to unnecessary accidents*



When a range of temperatures is likely to be encountered, either through external conditions or varying energy requirements, the normal solution is to use layers of clothing, which can be added or removed as soon as they are needed.



Thinner layers are better than thick heavy items *Jeans are not suitable in case of wet weather. Clothing needs to be effective in the wet. Layers can include Base Layer = underwear, socks, thermal top and trousers. Mid Layer = insulation; top, trousers, hat, thin gloves. Outer Layer = water and windproof; waterproof jacket, waterproof trousers, thick gloves/mittens.*

Not essential

- ✓ Survival bag - A survival bag is a person-sized waterproof bag, typically orange in colour, designed to avert the threat of hypothermia from exposure. It is reasonably light, made from strong, waterproof and tear-proof plastic, and provides some amount of thermal insulation. Can be purchased at most outdoor stores and online for very little cost.



- ✓ Maps;
 - **Ben Nevis:** Ordnance Survey Explore OL No 392 (1 to 25,000) Ben Nevis and Fort William The Mamores & The Grey Corries Kinlochleven & Spean Bridge
 - **Scafell Pike:** Ordnance Survey Explorer OL No 6 (1 to 25,000) Map of The Lake District: South-western area Coniston, Ulverston & Barrow-in-Furness
 - **Snowdon:** Ordnance Survey Explore OL No 17 (1 to 25,000) Snowdon, Conwy Valley
- ✓ Compass

We have also been made aware of a very useful app to download onto your smart phone. OS Locate.

Gives you your 6 figure grid reference to either use in conjunction with your OS map or to provide location in case of emergency.

OS Locate - know where you are.



Make the most of your adventures in the great outdoors with OS Locate. Used alongside your Ordnance Survey map, OS Locate is a fast and highly accurate means of pinpointing your exact location on the map, anywhere in Great Britain. If you have lost your bearings or simply would like a little reassurance, OS Locate is the ideal companion for all enthusiasts of the great outdoors.

The app converts GPS location readings from your mobile phone to Ordnance Survey National Grid references, enabling you to determine precisely where you are on an Ordnance Survey map. No mobile signal? No problem; OS Locate does not require a mobile signal to function - the inbuilt GPS system can be relied upon, even in the most remote areas.

Simply download the app and switch on your device's location services (Settings > Privacy > Location services for iOS devices. Settings > Location for Android devices).

OS Locate is packed with additional features. The 'Share' button allows you to connect with friends and family via messaging and social media - let them know where you are, how your adventure is progressing and what time you will be home. Use the handy digital compass to take your bearings - always ensuring you are on the right track. For those who are keen to learn more about maps and navigation, the 'About' button hosts a wealth of information including hints and tips and a guide to map reading. In addition, you will find simple yet comprehensive guides on how to use eastings and northings.

OS Locate - know where you are.

OS Locate is a complementary tool for Ordnance Survey paper maps. You should always have an Ordnance Survey paper map and baseplate compass when exploring the great outdoors.



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