




Hospice 5 Peaks Challenge – Recommended Kit List

Important:

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.

When packing your rucksack:

- Keep urgent items (waterproofs, hat, gloves) easy to reach 
- Pack lunch near the bottom 
- Place heavier items (like a flask) close to your back to reduce strain 

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 (3-4)	
Walking trousers	
Waterproof bottoms and Top	
Walking Socks (3-4 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	

Clothing Guidance

✔ **Strong supportive footwear only – trainers are not suitable**



✔ **Thinner layers are better than heavy ones (no jeans)**

✔ **Clothing must be effective in wet conditions** 


Layering System:

- ◆ **Base Layer** = underwear, socks, thermal top & trousers
- ◆ **Mid Layer** = insulation (top, trousers, hat, thin gloves)
- ◆ **Outer Layer** = waterproof jacket, trousers, thick gloves/mittens

When a range of temperatures to be encountered, either through external conditions or varying energy requirements, the best solution is to use layers of clothing, which can be added or removed as the day progresses.



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 Explorer OL No 17 (1 to 25,000) Snowdon, Conwy Valley
- ◆ **Cadair Idris:** Ordnance Survey Explorer OL No 23 (1 to 25,000) Cadair Idris & Bala Lake
- ◆ **Pen y Fan:** Ordnance Survey Explorer OL No 12 (1 to 25,000) Brecon Beacons National Park) - Western Area

Compass

Handy App

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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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