



the yorkshire three peaks challenge

To carry in your backpack:

Essential (to be carried/weather dependent)

- Rucksack (10-20ltrs)
- Water (2 litres)
- Waterproof Jacket
- Waterproof Trousers
- Snacks/Food (see nutrition information below)
- Hat (sun hat or warm beanie)
- Fleece or Similar (additional layers)
- Personal small first aid kit (plaster/compeed, inhaler, paracetamol, sun cream)

Equipment to be worn.

- Suitable Footwear.
- Walking Socks
- Sports Top (breathable material)
- Lightweight Walking Trousers

Additional (nice to have)

- Walking Poles
- Mobile Phone
- Camera
- Spare walking socks
- Gloves

Optional (your choice)

- Maps
- Compass
- GPS Device
- Head Torch

Tips for the day:

- Stay hydrated.
- Have snacks to eat on the go.
- Pace yourself.
- Wear 'worn in' familiar footwear.
- Address injuries early, for example blisters.

Final note – enjoy your day, you are in one of the finest parts of the country and it's beautiful!