



The National Three Peaks Challenge

Challenge Kit List



CHALLENGE KIT LIST

To get maximum comfort with minimum weight, the following checklist has been created to help you choose your clothing and gear for this trip. Try to keep the weight of your equipment to a minimum.

You must have everything listed on the 'Required' side of this kit list, otherwise you may not be allowed to take on this challenge.

REQUIRED	OPTIONAL EXTRAS
Good walking shoes – Waterproof with ankle support	Trekking poles
Day pack (20L – 35L)	Knee supports
Sunhat	Shorts
Sunglasses	Trainers
Fleece gloves	Bandana
Fleece hat	Liner Socks (Synthetic)
Fleece jacket or sweater	Spare laces
Underwear	Camera and Accessories
Rain jacket	Chargers
Rain pants	Ear Plugs
Long sleeve shirts (Synthetic, Lightweight)	Reading and Writing Materials
Trekking trousers	Small Binoculars
Anti-bacterial hand gel	Whistle
Personal First Aid Kit/Medications (Lightweight)	Go Pro or Drone
Personal hygiene (toothbrush, toothpaste etc)	Travel pillow
Face masks	Cards / Travel games
Sun cream (SPF 30 minimum)	
Lip sun protection	
2 x 1-litre water bottle (Reusable)	
High energy bars / snacks	
Travel towel	
Head torch with spare batteries	

SUSTAINABILITY

Endeavours Adventures is passionate about being a leading provider of sustainable charity challenges & adventures that are socially and environmentally responsible.

Due to this, here are some companies that we recommend shopping from *if* you need to buy new outdoor gear for your challenge:

- **Patagonia** = <https://eu.patagonia.com/gb/en/home/>
- **Vaude** = <https://www.vaude.com/en-GB/>
- **Alpkit** = <https://alpkit.com/>
- **Páramo** = <https://www.paramo-clothing.com/en-gb/>

When buying new products, try to avoid buying items with perfluorochemicals (PFCs), along with synthetic materials that disintegrate after a few washes.

However, the most ethical outdoor gear is the kit that you already own. Or someone else does. The biggest thing the team with Endeavours Adventures would recommend is to either borrow someone else's outdoor gear, or to buy second-hand items in a charity shop or on an online platform like Depop.

If you are based in London, we also recommend looking at the 'Library of Things' – a business where you can rent useful things including outdoor gear from local spaces. You can have a look at what they offer here: [Library of Things | Borrow useful Things for your home, projects and adventures](#).

To learn more about the impact of outdoor clothing on the environment, have a read of this article: [Guide to Outdoor Clothing Brands | Ethical Consumer](#).