



The National Three Peaks Challenge

Challenge Kit List



This checklist has been created to help you choose your clothing and gear for this trip. Try to keep equipment weight low.

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
<ul style="list-style-type: none"> <input type="checkbox"/> Good walking shoes – Waterproof with ankle support <input type="checkbox"/> Day pack (20L – 35L) <input type="checkbox"/> Sunhat <input type="checkbox"/> Sunglasses <input type="checkbox"/> Fleece hat and gloves/snood <input type="checkbox"/> Fleece jacket or sweater <input type="checkbox"/> Underwear <input type="checkbox"/> Rain jacket <input type="checkbox"/> Rain pants <input type="checkbox"/> Long sleeve shirts (Synthetic, Lightweight) <input type="checkbox"/> 2-3 synthetic sports t-shirts <input type="checkbox"/> Trekking trousers <input type="checkbox"/> Thick walking socks <input type="checkbox"/> Spare trousers and socks for the coach journey <input type="checkbox"/> Anti-bacterial hand gel <input type="checkbox"/> Personal First Aid Kit/Medications (Lightweight) <input type="checkbox"/> Personal hygiene (toothbrush, toothpaste, deodorant, baby wipes etc) <input type="checkbox"/> Face masks <input type="checkbox"/> Sun cream (SPF 30 minimum) <input type="checkbox"/> Lip sun protection <input type="checkbox"/> 2 x 1-litre water bottle (Reusable) <input type="checkbox"/> High energy bars/snacks <input type="checkbox"/> Travel towel <input type="checkbox"/> Head torch with spare batteries <input type="checkbox"/> Power bank/portable charger <input type="checkbox"/> Chargers and travel adapters 	<ul style="list-style-type: none"> <input type="checkbox"/> Trekking poles <input type="checkbox"/> Knee supports <input type="checkbox"/> Shorts <input type="checkbox"/> Trainers <input type="checkbox"/> Bandana <input type="checkbox"/> Liner Socks (Synthetic) <input type="checkbox"/> Spare laces <input type="checkbox"/> Camera and Accessories <input type="checkbox"/> Ear Plugs <input type="checkbox"/> Reading and Writing Materials <input type="checkbox"/> Small Binoculars <input type="checkbox"/> Whistle <input type="checkbox"/> Go Pro or Drone <input type="checkbox"/> Travel pillow <input type="checkbox"/> Cards/travel games <input type="checkbox"/> Bin liners for litter/washing etc.

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).

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](#).