

GREAT GLEN CHALLENGE

Essentials

- Day pack – 25L with a waterproof cover (if you can't get a waterproof cover, use a bin bag to line the inside)
- Sun glasses with UV protection
- LED Head torch and spare batteries
- 2 litre Camelbak/Platypus water pouch or water bottle
- Vaseline or Sudocrem (in case of chafing clothing!)
- Aftersun/moisturiser
- Mobile phone (make sure this is fully charged before you start!)
- Credit card/cash
- High-factor sun cream and lip balm (30SPF+)
- Antibacterial hand sanitizer
- Biodegradable small and large sandwich bags (useful to store rubbish while walking/running)
- Wet wipes (ideally biodegradable)
- Snacks – (energy bars, dried fruit, nuts, glucose tablets or whatever works for you!)

Clothes

- Walking boots/running shoes – **Well broken-in, lightweight and waterproof!**
- 2 pairs of walking/running socks (in case you need to change)
- Lightweight trekking trousers or shorts
- Waterproof trekking trousers
- Pair of waterproof gloves
- Bandana/buff/warm hat
- Trekking top/base layer/breathable top
- Fleece top
- Lightweight waterproof and windproof jacket

First Aid

- Any medication you already take – bring more than you need.
- Painkillers (including Ibuprofen or other anti-inflammatory)
- Antihistamine tablets and cream
- Plasters
- Gauze dressing and bandage
- Zinc oxide tape
- Compeed for blisters
- Safety pins, tweezers and scissors

Don't forget you can also get a discount on any kit you need to buy from Cotswold Outdoor – just enter the code **AF-OACYC-V15** when making your purchase online to get 15% off