

LandAid

Trek Your Way

Kit List



This kit list is designed for rural and longer distance treks. If your Trek Your Way route is urban, shorter, or on well-maintained paths, you may not need everything listed but it's always better to be over-prepared than caught out. Use this as a starting point and adapt it to your route and conditions.



Walking Boots	Wear footwear previously worn to reduce chance of blisters. Ankle support advised to reduce likelihood of sprained ankles. Always try boots in-store. Good trail shoes are fine if familiar to this terrain.
Socks	Padded walking socks. Smartwool or Bridgedale are reliable brands. Cotton socks provide little padding & become damp from sweat which can lead to blisters.
Walking trousers / leggings	Lightweight, comfortable trousers that dry quickly. Jeans are restrictive and become heavy and cold when wet.
Mid layer/fleece	A warm layer that goes over base layer. This adds warmth for planned/unplanned stops.
Waterproof jacket	A hard-shell waterproof jacket not a softshell jacket. Goretex or similar are reliably waterproof and breathable, improving comfort for long-duration in wet weather. Try brands such as Rab, Montane and Mountain Equipment.
Hat and gloves	A considerable amount of heat is lost through the head when not covered during colder weather. Ensure gloves are waterproof.
Cap & sunglasses	Vital in bright conditions. Reduces chance of heat exhaustion.
Backpack	Use a 20 to 30 litre backpack with a padded waistbelt. Backpacks must be lined with a large dry bag/bin bag. Backpack covers blow off in strong winds. Use smaller dry bags to divide equipment/clothing inside pack.
Walking poles	Walking poles are not compulsory but are recommended. Walking poles reduce 40% of weight on your feet, improve stability on technical sections and improve speed and efficiency on ascents and descents. These are highly recommended for long treks. Use a pair of poles, not one. Leki and Black Diamond are the most popular, but cheaper, heavier equivalents are available.
Personal First Aid/Meds	Prescribed medication, blister plasters, sun cream. Items for consideration: sting relief cream, Imodium, rehydration salts, antihistamines, paracetamol, ibuprofen, aspirin. There will be first aid support during the event.
Mobile phone	Fully charged and ideally with battery pack. Waterproof case if heavy rain due; Ziplock bags suffice
Headtorch	Always pack irrespective of walk duration. Pack spare batteries. Handheld torches can be tiring to carry for long periods of time.
Water bottle	A refillable, 1-litre water bottle, such as a Nalgene plus a 500ml bottle with electrolytes. Carry a minimum of 1.5 litres and up to 3 l in hot weather.
Food and snacks	High-energy, easy-to-eat foods (flapjacks, nuts, dried fruit, energy gels/chews), eating little and often, avoiding anything that needs preparation, and not relying solely on cafes/pubs on route being open.