



KIT AND EQUIPMENT GUIDE

Thank you for signing up to take part in the National Forest Trek, taking place from 9th to 11th September 2022. Your challenge starts here.

We've put together a guide on what kit and equipment you should consider taking with you. Please note that this is not an exhaustive list and is simply a guide to help you plan.

FOR FURTHER INFORMATION, PLEASE CONTACT US AS FOLLOWS:

www.nationalforettrek.co.uk / info@nationalforettrek.co.uk



THREE DAY TREKKERS
9TH – 11TH SEPTEMBER 2022

Planning for the National Forest Trek – Kit guide

It is important when planning your trek that you consider what to wear and what to carry with you before you embark on your trek. Listed below is a guide of what we recommend you taking with you.

- Walking boots, or supportive sports trainers with good off-road traction
- Fully charged phone with spare power source and recharging equipment
- GPS tracker (supplied at registration)
- Walking / hiking socks
- Lightweight medical kit
- Walking trousers (see note above regarding length)
- Blister treatment kit
- Mid-layer top
- Drinks bottle
- Waterproof & windproof jacket
- Sunscreen
- Backpack
- Route stage guides
- Spare pair of socks
- Torch
- Hat / cap for sun protection
- Reflective bib for emergency / dusk walking
- Money for food / drinks (to supplement what we will be providing)
- Vaseline
- Face mask and sanitising hand gel
- Tick remover tool or device and tick repellent

OTHER OPTIONAL EQUIPMENT TO CONSIDER

- Walking poles
- Thermal undergarment(s)
- Snack bar(s)
- Hydration Pack



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