

Special offer just for you!

We've teamed up with the outdoor clothing and equipment specialist Cotswold Outdoor to offer you a 15% discount. Simply quote AF-BCCARE-D3 (including the hyphens) at the till in store or online at www.cotswoldoutdoor.com to receive this fantastic discount.

Choosing the right kit will not only ensure you are happy and comfortable, but will also reduce the chances of injury.

SHOPPING FOR WALKING BOOTS

Go to an outdoor equipment store and ask them to suggest options that match your particular needs. It is best to shop for shoes in the afternoon. Your feet can swell by up to half a size over the course of a day.

Check the flexibility of the shoe at the forefoot. You should be able to flex it easily with one hand. There should be at least a thumbnail's distance between the end of the boot and your toe. Your heel should not slip upwards in and out of the shoe when you lift it up. Shoes often come in different widths. Choose the one that is best for your foot. Some shoes contain a built-up arch support, an extra feature that is not needed by everyone. Make sure that you try the shoes on with the type of sock that you will be using when you're walking.

SOCKS

We would recommend that you avoid tube or one-size-fits-all socks. Many walkers opt for cotton socks, but cotton easily absorbs moisture and can lose its shape. If you have trained with cotton socks over long distances and had no problems, then stick with what you have. Alternatives to cotton are cotton/synthetic blends (Bridgedale is a good make) which can help to draw away moisture.

CLOTHING

When training or packing for the trek consider the loose-layered look. Clothing can be removed as needed, and put back on as you rest, or as the temperature drops. Loose clothing that permits free airflow is good. Consider synthetic-blend materials that wick-away moisture and dry quickly when the weather is hot. During winter training make certain that your walking attire keeps you both warm and dry on the inside.

Rain gear should be breathable, waterproof and lightweight. There are a number of manufacturers that produce garments that meet all of these criteria. Gore-Tex is recommended.

Unfortunately, luggage can get delayed, damaged or lost. Ensure you wear or take your walking boots in your hand luggage as well as any personal medication. Some kit items will be on sale the night before the challenge but do not rely on this as sizes and items can be limited.

DAY RUCKSACK

A rucksack of around 30 litres' capacity should be large enough. Choose one with a padded hip belt which can be fastened around your middle so your hips take the weight of the bag rather than your back.

Each day you are likely to walk with the following in your rucksack:

- Warm clothing, including Fleece, scarf and 2 pairs of gloves
- Head torch and spare batteries
- Small bags for rubbish
- Small waterproof bag containing: passport, credit cards and money
- Waterproofs
- Sunglasses
- Sun screen (minimum factor 30)
- Personal first aid kit (see over)
- Snack bag
- Sun hat & woolly hat
- Lip salve with sun block
- Insect repellent
- Camera
- Toilet paper and nappy sacks
- Platypus/Camelbak, 2ltr minimum recommended or water bottles
- Energy bars/sweets

KIT LIST

This list is not exhaustive and obviously you will want to think about personal preferences. We recommend you take the following:

FOOTWEAR

Except for boots, you can borrow kit from friends or hire some items of kit to help keep costs down. Trek Hire UK offers top quality walking equipment for hire at a fraction of the cost of buying, whether it's waterproof clothing, rucksacks or anything else you need to complete this challenge.

- Walking boots - well broken in with adequate ankle support
- Walking Socks
- Shoes for travelling / evening meals

CLOTHING

- Trekking trousers
- Waterproof trousers
- Clothes for celebratory night
- T-shirt and long-sleeved top
- Waterproof jacket
- Travel and casual clothes
- Warm top or fleece

- Underwear
- Pyjamas
- Scarf
- Hat
- Gloves x 2

DOCUMENTS REQUIRED

- Credit/debit cards
- Copy of your travel insurance policy

PERSONAL FIRST AID KIT

- Painkillers
- Alcohol hand gel
- Moleskin and/or Compeed
- Crepe bandage
- Plasters
- Antiseptic wipes
- Foot Powder
- Personal medication

PERSONAL ITEMS

- Toiletries
- Waterproof rucksack cover (included with most rucksacks)
- Camera, memory cards and batteries
- Ear plugs
- Freezer bags/nappy bags
- Spare glasses/contact lenses

RECOMMENDED

- Walking pole(s) come highly recommended (preferably two). They must have plastic caps on the end.
- Spare boot laces are handy.
- We also advice that participants avoid wearing jeans or cotton trousers and T-shirts when on the mountain. Nylon, polyester or polypropylene fabrics are most favourable for both comfort and insulation against the elements.

Hiring kit

For further advice on kit visit the participant area for the challenge - login details provided at registration

Visit their website at www.trekhireuk.com for further details.

When hiring any items please state:

- (1) you are taking part in the Ben Nevis Challenge for Breast Cancer Care
- (2) the date of your challenge