

South Downs Trek Kit List

CoppaFeel!
breast cancer awareness



Rucksacks & Bags

- ☐ Day sack 30-40L
- ☐ Waterproof liner (a black bin bag is excellent)*

Footwear

- ☐ Walking boots or trail shoes with excellent deep tread for grip (see note regarding footwear)
- ☐ Hiking socks

General Trekking Equipment

- ☐ Water bottles/bladder (min. 2 Litres)
- ☐ High energy snacks (tracker bars, dried fruit, chocolate, nuts etc)
- ☐ Dry-bags (or plastic bags) for keeping clothes and documents dry
- ☐ LED Head torch plus spare batteries (we attempt to always finish before dark but sometimes this isn't possible and you should be prepared)
- ☐ Sunglasses*
- ☐ Walking poles
- ☐ Camera*

Documents

- ☐ Final Details document (available one month before the challenge)
- ☐ Emergency Contact numbers
- ☐ Cash (Debit and credit cards aren't always accepted at small rural shops)
- ☐ Debit/Credit card
- ☐ Travel insurance*

Clothing

- ☐ Waterproof and breathable jacket (Gore-Tex or similar recommended)
- ☐ Waterproof overtrousers
- ☐ Windproof softshell or fleece jacket*
- ☐ Lightweight fleece top
- ☐ Wicking t-shirt
- ☐ Trekking trousers (not jeans)
- ☐ Underwear light and loose
- ☐ Warm hat
- ☐ Sun hat
- ☐ Gloves (preferably waterproof)
- ☐ Change of clothes for after the challenge*
- ☐ Hiking shorts*

Small First Aid Kit

- ☐ Pain killers
- ☐ Plasters
- ☐ Zinc oxide tape
- ☐ Compeed blister pads
- ☐ Antiseptic wipes
- ☐ Rehydration sachets
- ☐ Your own medication
- ☐ Knee supporters*
- ☐ Aftersun
- ☐ Sun protection (min. factor 30)
- ☐ Dextrose tablets for extra energy

Gi & CoppaFeel! Recommends

- ☐ Sense of humour
- ☐ Knowledge of type 1, type 2 AND type 3 fun
- ☐ Your favourite snacks
- ☐ An eye mask, earplugs, and pillow spray
- ☐ Glitter, glitter and more glitter



CoppaTrek! challenge

For Those of You Camping With Us ...

- ☐ Tent. It's pretty hard to camping without one.
- ☐ Tent pegs. Make sure they are in your tent bag! A mallet can also be super handy for bashing them in.
- ☐ Air mattress. Make sure you are comfortable and warm at night.
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- ☐ Sleeping bag. Keep yourself nice at warm.

Some not so essential (but fun!) items

- ☐ Fairy lights
- ☐ Camp chairs
- ☐ Bunting

KEY * Indicates Optional

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. This is a list of recommended kit to take on this trek. We have tried to pare down this kit list to the absolute must-haves for your trek, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines below!

If you do not own some of this equipment and do not wish to spend a lot of money on buying equipment then we would highly recommend hiring equipment from Charity Challenge's partners at [Outdoorhire](#). They can hire really good quality outdoor equipment for weekends and often hiring a high quality piece of equipment is better than purchasing a cheap version.

MAKING THE MOST OF YOUR KIT

PACKING

Make sure that you are able to carry all the essential equipment for the trek in your rucksack. Even if the weather forecast is favourable then please make sure that you always carry enough warm layers and your waterproof jacket and trousers. Your day sack should have a thick waist strap for maximum comfort. Other things to consider are back ventilation, hydration compatibility and gear loops for stowing walking poles. Waterproof liners or bags are essential for keeping valuables and clothes dry within your pack.

CORRECT SHOES

We would highly recommend wearing walking boots for all of our UK challenges as the additional ankle support can prove invaluable for preventing injury and also prevent water and other objects entering your footwear. Increasingly people are choosing to complete challenges wearing walking shoes, as opposed to boots. These 'Trail Shoes' have the advantage of being lighter and more comfortable but do not afford the same protection as boots. If you are considering wearing trail shoes then please make sure that they have an excellent level of grip, with deep tread on the soles. For this reason normal sports trainers are not appropriate for completing our UK challenges. The lack of grip on trainers can prove to be extremely dangerous on loose, wet rocks. Our leaders will not allow you to take part in the challenge if you only bring trainers.

CLOTHES

The weather in the UK can fluctuate enormously during your challenge. Lots of light layers are key, as well as a good quality waterproof jacket. A hat and gloves are also vital items of clothing for UK challenges. If possible, if bad weather is forecast then try to bring two hats and two pairs of gloves as these items are often the most exposed to the elements. Make sure that you wear and test your kit before arrival, particularly your hiking boots.

HYDRATION

Staying hydrated during your challenge is vital. There are various ways to get the right fluids into your body, with many people using water bladders or bottles. On all of UK challenges you should be prepared to carry with you all of the water you require for the whole day as you should not expect to be able to refill your water bottle. We would recommend that you carry at least 2L of water and that you make sure that you are fully hydrated in the morning before beginning your challenge.

WALKING POLES

Walking poles are not essential kit. However, we receive many questions about using them. Anyone considering using poles on the challenge should make sure that they have experimented with using them during their training. For anyone who struggles with knee, or any joint, problems then walking poles can help significantly reduce the amount of strain being placed on your joints, particularly on any descents. They are also useful for helping with ascending up hill and many people find that they spread the load on your body more evenly during a long day of trekking.

HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Compeed blister plasters cannot be recommended highly enough, but you are required to carry your own as your leaders will not be able to supply them to everyone. K-tape (or equivalent) is a handy addition, as it is often a lifesaver for blisters. Tape up your feet before trekking and this will reduce the chance of you developing hotspots. In addition, when applying your sunscreen, make sure that you cover the backs of your hands as well as your face and neck. Although you may feel cold, the sun will be stronger on the mountain. Don't forget to take an SPF stick for your lips as well.