



MIGHTY MILES KIT LIST

Below is a guideline of the kit and equipment that we recommend you consider taking with you on your Mighty Miles hike.

Walking boots / shoes
Find shoes with good support and grip that you find comfortable, and make sure you train in them beforehand.

Walking socks
We recommend taking a few spare pairs to change into throughout your hike, to keep your feet dry and blister free.

Breathable top

Light fleece / warm top

Light trekking trousers, leggings or shorts

Water bottle or platypus
We would recommend being able to carry at least two litres of water. Make sure you've checked where you can fill up your bottle along your route.

Sun cream
You can get sunburnt even on a cloudy day, so we recommend taking sun cream whatever the weather.

Mobile phone and portable charger
This is really important to make sure you can call someone in an emergency. If you are using your phone to navigate or track your hike, remember that these apps drain battery really quickly.

Cash and debit / credit card
We recommend taking cash in case of an emergency, particularly if you are hiking in some remote areas which can cause problems with card machines.

Head torch and batteries

Trekking poles
These are completely optional but if you find you have aches and pains on your longer walks they can be a huge help, but we would advise training with them beforehand.

Food and snacks
The amount will depend on whether you are stopping somewhere for food or taking everything with you.



Looks like sunshine?
Don't forget to pack...

Sunglasses

Sunhat



Looks like rain?
Don't forget to pack...

Waterproof rucksack cover

Waterproof jacket

Waterproof trousers



First Aid

Always make sure you take a first aid kit with you along with any personal medication that you need. Training walks are a good way to uncover any niggles you are prone to so you can come prepared on the day itself.

Plasters and/or tape

Blister plasters

Vaseline

Hand sanitising gel

Pain killers

(recommended amount for 12 hours is 4x500mg paracetamol)

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