



The One Cause Challenge 2009

Lake District Six Peaks

KIT LIST

Please contact us if you require any advice regarding equipment. Bear in mind that the summit temperature can drop below freezing at any time of year.

ITEM	COMMENTS
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ESSENTIAL ITEMS	
Waterproof jacket	Preferably with attached hood. Gortex or similar fabric is ideal. Please do not confuse 'showerproof' with 'waterproof'.
Waterproof trousers	Useful in heavy rain (which is not unusual).
Warm hat and gloves	It can be cold & wintry up high at any time of year.
Clothing Layers	At least 3 layers of clothing (for upper body) which can be added or removed as conditions dictate. An ideal combination is T-shirt, thicker shirt or polo-neck, and fleece jacket.
Trousers	Should allow freedom of movement and be quick-drying (ie not cotton).
Walking boots	Leather or fabric boots are suitable. Very stout shoes are acceptable in good weather.
Socks	Ideally a thick pair should be worn with a thin liner.
Small rucksack	To carry waterproofs, lunch, camera etc. If possible, line with a plastic bag eg bin liner, or wrap contents in carrier bags.
Filled drinks container	Eg thermos flask, Camelback or sports bottle as preferred.
Packed lunch	Should be reasonably substantial.

OPTIONAL ITEMS	
Shorts	For the warm days.
Sun Hat	For the warm days.
Trekking Poles	No essential but good for support whilst walking.
Sun Cream/Sun Glasses	You might be lucky!

Please note, the Guide leaders' decision is final and will override all other decisions by participants