

STONEHENGE TO AVEBURY TREKATHON KIT LIST

✓ Please use this check-list to help you pack!

Important Documents & Money

Money	<i>You should not need much money but ensure you have cash with you; there is little likelihood of finding cashpoint machines en-route</i>
Credit Card	<i>Always carry a credit card in case of emergencies; make sure you know your PIN number</i>

Trekking Gear

Walking boots	<i>With good sole pattern and firm ankle support. Must be well worn in and waterproofed</i>
Walking socks	
Base layer / T-shirt	<i>Wicking top (eg dryflo) recommended and better than cotton</i>
Waterproof windproof jacket Waterproof windproof trousers	<i>Good quality (eg gore-tex) essential; material should be breathable and seam-sealed.</i>
Hat / cap	<i>For sun protection</i>
Sunglasses	
Trekking shorts / trousers	<i>Zip-off trekking trousers ideal</i>
Fleece / thick jumper	<i>To carry with you in case it gets cold; it may also be cold when you set off early</i>
Day-sack	<i>See luggage notes (below)</i>

General Equipment

Trekking poles	<i>Optional; useful if you are unsteady on uneven ground (use them when training)</i>
Water bottle(s) / platypus	<i>Min 2 litre capacity</i>
Head torch / torch with spare battery	<i>In case it is getting dark as you approach the end of the route</i>
Liquid handwash	<i>Waterless for easy hygienic hand-washing</i>
Whistle	<i>For safety reasons if you become lost or separated</i>
Snacks (eg energy bars / dextrose tablets / dried fruit packs / jelly babies)	<i>Some will be provided but bring top-ups, especially if you have special dietary requirements and may need a source of extra energy</i>
Camera	<i>With fully charged battery!</i>

Small Personal First Aid Kit

Include any medication you take regularly or while exercising, plus:

Diarrhoea tablets	<i>eg imodium</i>
Sun cream & lip balm	<i>With high SPF protection</i>
Painkillers	<i>eg ibuprofen, paracetamol</i>
Rehydration sachets	<i>eg dioralyte</i>
Plasters and blister dressing	<i>compeed / moleskin / tape and dressings (whatever works best for your feet)</i>
Antihistamines	<i>Especially if you have allergic reactions to insect stings or pollen</i>

CLIMATE

Be prepared for any weather! It could be sunny, raining, windy, or a mixture of all of them! Daily temperatures can fluctuate from roughly 8 - 25°C at this time of year, and it will be colder early morning and towards the evening. This may only be a one-day trek, but you still need appropriate, good quality footwear and clothing to cope with the weather conditions.

LUGGAGE

You should carry a day-sack large enough to contain your camera, fleece, waterproofs, first aid kit, sun cream, snacks and anything else you need for the day. A day-sack with adjustable shoulder-straps and hip belt is essential. You may wish to line your day-sack with a strong plastic bag to help keep the contents dry if it rains.