



# MIGHTY HIKE KIT LIST

Below is a guideline for the kit and equipment that you need to consider bringing with you on your Mighty Hike, and for any training walks. We don't carry out any kit checks on the day, so it is your responsibility to make sure you are properly prepared for the 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 recommended bring a few spare pairs to change into throughout the walk, to keep your feet dry and blister free.
- Breathable top**  
Your Macmillan top is made of wicking material so perfect for hiking!
- Light fleece / warm top**
- Light trekking trousers, leggings or shorts**
- Water bottle or platypus**  
You must be able to carry at least two litres of water. We try very hard to limit single use plastic at the Mighty Hikes so instead of handing out water bottles, we have refill stations along the route for you to fill up your water.
- Sun cream**  
You can get sunburnt even on a cloudy day, so we recommend bringing sun cream whatever the weather.
- Mobile phone and portable charger**  
On the day we have dedicated emergency and non-emergency numbers for you to call in case of injury or you find yourself off the route so make sure you have a mobile with charge at all times.
- Cash and debit / credit card**  
We don't charge for anything on the hike, but we recommend bringing cash in case of an emergency, as you will be hiking in some remote areas and card may not always be accepted. We also have merchandise available at the registration tent for you to purchase.
- 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.



## 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

We have medic stations at the start, finish and all pit-stops as well as roaming medics who can attend any medical incidents on the route. But we would always recommend carrying the basics with you along with any personal medication that you need. You will know from your training walks what, if any, niggles you are prone to so come prepared.

- Plasters and/or tape**
- Blister plasters**
- Vaseline**
- Hand sanitising gel**
- Pain killers**

(recommended amount for 12 hours is 4x500mg paracetamol)

# MIGHTY HIKES

# MACMILLAN CANCER SUPPORT