Below is a guideline from Threshold, our event provider, for the kit and equipment you should consider bringing with you on your Mighty Hike. Please note we do not carry out kit checks, but the below is their advice.

Please make sure you keep a check on the weather in the days running up to the event as this may affect your packing and will help you dress accordingly on the day.

**Recommended Kit**

- Overview map of the route (which you pick up at registration)
- Waterproof rucksack or rucksack with waterproof cover/bin liners inside
- Waterproof jacket with hood (recommend lightweight)
- Waterproof over-trousers
- Light trekking trousers and/or shorts
- Micro fleece top
- Breathable/wicking t-shirt, trekking shirt or base-layer
- Well-worn in water repelling hiking boots with spare laces
- 2 pairs of pre-worn walking socks
- Warm top and spare change of clothes for when you finish
- Sun cream
- Sun hat
- Sunglasses
- Trekking poles
- Mobile phone fully charged, with your emergency contact saved under NOK (next of kin)
- At least 2-litres of water (in Camelback, platypus or water bottle)
- Emergency food (e.g. cereal bars, chocolate, fruit and nuts, sweets)
- Head torch and spare batteries
- Credit card and/or cash

**Recommended Personal First Aid Kit**

There will be emergency medical care available at all times on the event. To ensure this resource is poised to react, basic first aid is the responsibility of the individual. Our medical team have compiled a list of suggested items to pack and carry.
Use your experience from training to learn where your weaknesses are and predict what problems may arise. Address any possible niggles now before they become injuries on the event and if you have any major concerns, seek medical advice ahead of the day.

- **Any regular medication you take**
- Assorted plasters and/or tape (and scissors to cut)
- Vaseline (or similar, for chafing)
- Blister plasters (at least 4-6 large)
- Alcohol hand gel (for clean hands as well as cleaning small wounds)
- Antihistamine tablets / eye drops (if you are susceptible to hay fever)
- Pain killers – this hike could hurt!

We recommend that each participant brings sufficient painkillers for their time on the event i.e. 4x500mg paracetamol for 12 hours. Paracetamol is recommended because these are safest and most easily available. Routine use of painkillers for muscle aches and pains is discouraged but, if required because of an injury, the user should follow the dosing instructions, as they would at home, never exceeding the maximum dose.