



Equipment Checklist

Please note that this is not an exhaustive list, but notes the items you must carry with you (compulsory) and the items you should consider bringing along for Youth Adventure Trust challenge events.

All

- Containers for drinking water (bladder pack or bottles)
- Food/Nutrition for while you are completing the challenge itself
- First Aid Kit (including anti histamine and blister plasters e.g. Compeed) •

Any medication you currently use

- Sunscreen
- Maps – the challenge page on the website details which map you need to bring, but please ask if you're unsure

General – (for challenges including camping)

- Sleeping Bag (compulsory)
- Sleeping Mat / Roll Mat / Air Bed (compulsory)
- Toiletries

Hike

- Walking Boots with ankle support (compulsory)
- Walking socks (compulsory)
- Walking poles (compulsory – at least one set per team)
- Compass (compulsory - at least one per team)
- Whistle (compulsory)
- Base Layer – ACL/Dry Flo etc
- Mid Layer – fleece
- Mid Layer – suitable trousers (lightweight/softshell/water repellent, not jeans)
- Outer Layer – waterproof jacket
- Outer Layer – waterproof trousers
- Rucksack
- Cap/Hat

- Sunglasses



Trail Run

- Appropriate footwear for trail running (compulsory) •
- Anti-blister socks/compression socks and/or change of socks •
- Rucksack/bladder pack/water bottles (compulsory) • Nutrition belt
- Energy gels
- Cap/Hat
- Sports style shade glasses

Bike

- Helmet (compulsory)
- Small rucksack/bladder pack/water bottles (compulsory)
- 2x spare inner tubes (compulsory)
- Puncture repair kit (compulsory)
- Cycling gloves
- Padded cycling shorts
- Trainers with good grip/appropriate cycling footwear •
- Sports style clear or shade glasses
- Energy gels

Paddle/Raft

- Waterproof Clothing
- Sunglasses
- Cap/Hat
- Dry bag
- Wetsuit (Optional)