

KIT LIST: PACK FOR ADVENTURE

Three or four days on one of Britain's great national trails is a proper adventure, and good kit lets you relax and enjoy every mile. Our events are supported challenges, with checkpoints and support staff along the way, so you can focus on your own journey and the joy of being outdoors. Use this checklist to pack, and try everything on your training walks first.

DAY PACK AND MAIN BAG

On [Enjoy](#) and [Endeavour](#), baggage transfer is available: your main bag travels to the overnight stop each day, and you walk with a light day pack holding what you need between checkpoints. Pack the main bag with camp and spare kit; keep waterproofs, water, food and essentials in your day pack.

ESSENTIALS (MUST BRING)

- ☐ Well broken-in walking boots or trail shoes
- ☐ Waterproof jacket with hood
- ☐ Waterproof trousers
- ☐ Day pack, 20–30 litres, with hip belt
- ☐ Water bottles or bladder (1.5–2 litres capacity)
- ☐ Head torch with spare batteries
- ☐ Fully charged phone and small power bank
- ☐ Personal medication
- ☐ Blister kit
- ☐ Sleeping bag

CLOTHING AND FOOTWEAR

- ☐ Base layers, synthetic or merino (avoid cotton)
- ☐ Mid layer: fleece or light insulated jacket
- ☐ Walking trousers or shorts
- ☐ 3–4 pairs of walking socks
- ☐ Liner socks, if prone to blisters
- ☐ Warm hat and gloves, even in summer
- ☐ Sun hat and sunglasses
- ☐ Buff or neck gaiter
- ☐ Camp shoes or sandals
- ☐ Warm jacket for the evenings
- ☐ Something cosy to sleep in
- ☐ Spare underwear for each day

DAY PACK

- ☐ Waterproof jacket and trousers
- ☐ Warm layer, hat and gloves
- ☐ Snacks you love: flapjacks, nuts, sweets
- ☐ Sun cream and lip balm
- ☐ Blister plasters and zinc oxide tape
- ☐ Anti-chafe balm
- ☐ Pack liner or dry bag
- ☐ Route map or GPS app
- ☐ Hand sanitiser and tissues
- ☐ Small amount of cash or a card
- ☐ Midge repellent and head net (Scotland)

OVERNIGHT / CAMP

- ☐ Sleeping bag, rated for cool nights
Sleeping mat provided
- ☐ Wash kit and toothbrush
- ☐ Quick-dry towel
- ☐ Earplugs and eye mask
- ☐ Reusable mug
- ☐ Phone charging cable
- ☐ Spare batteries for your head torch
- ☐ Main bag or holdall for baggage transfer
- ☐ Bin bag or dry bags to keep kit dry

OPTIONAL EXTRAS

- ☐ Pillow: we don't provide pillows, so bring one if you'd like
- ☐ Trekking poles (train with them first)
- ☐ Gaiters for boggy ground
- ☐ Small camera
- ☐ Book or cards for the evenings
- ☐ Favourite treat for the finish
- ☐ Painkillers and antiseptic wipes
- ☐ Small scissors

TOP TIPS

- Walk in your boots and socks on training walks before the event.
- Check the forecast before you pack: British weather can change in an hour, especially on the hills and coast.
- Pack your day pack the night before, with your waterproof at the top.
- Label your main bag clearly with your name.

QUESTIONS ABOUT KIT?

We're happy to help. Email info@endurotrek.co.uk or visit www.endurotrek.co.uk.