

## **Westmorland Miles for Minds**

### **Kit List**

#### **T-Shirt**

You will receive a specially designed t-shirt to train in and wear on the day.

#### **Small Backpack**

We recommend a maximum of 30 litre to ensure it doesn't get too heavy. If it has adjustable straps and a hip belt that is an added bonus.

#### **Mobile Phone**

You'll want to make sure your phone has plenty of charge, and you can bring a portable battery pack if you have one.

#### **Money**

We don't charge for anything on the walk, but we recommend bringing some cash and a debit/credit card in case of an emergency. £20 in case you are unable to finish the walk and require alternative transport.

#### **Trekking Poles**

These are completely optional, but bring them along if you've trained with them and find that they help you.

#### **Walking Boots or Shoes**

Find comfortable shoes offering good support, and break them in beforehand.

#### **Walking Socks**

Make sure to add a spare pair to swap halfway through the walk, to make your feet feel fresher and to help prevent blisters.

#### **Waterproof Jacket**

We all know what the British weather is like, so it's essential to have a good quality waterproof.

#### **Trekking Trousers**

Trekking trousers or leggings – no jeans.

#### **Warm Top**

Something to add on in case there is a change of weather, and you can easily slide it on over your t-shirt or under your waterproof coat.

#### **Hat**

A woolly hat is good to bring when it's a bit chilly on those early summer mornings.

#### **Sunglasses and Sunhat**

Make sure you keep your eyes protected and your head covered in the sun.

#### **Sun Cream**

Make sure to bring and wear sun cream whatever the weather forecast. Try to use at least factor 30 and make sure it is still in date.

#### **Water and Snacks**

Bring a refillable 1L water bottle, there are refill stations along the way. Pack some high energy snacks such as Flapjacks, Bananas, Energy Bars to give you that much needed energy boost.

#### **First Aid**

There will be first aid support if required. We recommend bringing your own blister plasters or compeed, tissues, Vaseline, hand sanitiser, pain killers and your own personal medication.