**Mourne Mountain Challenge Kit list**

First and foremost, make sure that you bring are ANY MEDICATION you may need and a COMPLETED HEALTH DECLARATION FORM

**PLEASE NOTE: hiking kit should be in one bag, and your campsite and water activity kit should be in a SEPARATE BAG that will be kept in our vehicles and transported to the campsite**

FOR THE CAMPSITE

1) **Sleeping bag** - 3 or 4 season is ESSENTIAL, anything less and you won’t be warm enough.

2) **Camping mat** – this can be a big inflatable one if you want as we will carry camping equipment in our van while you walk during the day.

3) **Survival bag / bivvie bag** - these are a waterproof cover for your sleeping bag. The orange survival bags are cheap (around £3), while a nylon or gortex bivvie bag could be more expensive. Both are good, and keep you warmer in your sleeping bag than without one.

4) **Toiletries** (toothbrush, deodorant etc)

5) **Additional snacks** / drinks you may want at camp - we supply dinner, breakfast, water at camp, tea/coffee and some booze (half a bottle prosecco or 2/3 beers per person).

6) **Head / hand torch** - essential at this time of year when walking and of course for camping

FOR THE HIKE

6) **Head / hand torch** - essential at this time of year when walking and of course for camping

7) **Spare batteries** for torch or spare torch fully charged

8) **Rucksack** for the hike big enough to hold everything for your walk (not including camp equipment which will be transported in our van)

9) **Hiking boots –** please make sure you have broken these in properly before coming to the event, otherwise you will 100% get blisters!

10) Good **hiking socks** and **2x spare socks**

11) **Lots of light layers** for both legs and tops to be added or removed as necessary. Minimum 2 leg layers and minimum 3 top layers. Avoid heavy bulky items and never bring denim as it rubs horribly when wet

12) **Waterproof jacket and trousers**

13) A **big insulating layer** for stopping and at camp - eg down jacket or similar

14) **Hat, gloves, sun cream**

15) **Waterproof liner for you entire Rucksack** - large bin bags will work if you don't have one. This will keep your kit dry, totally essential

16) **Water bottle** of at least 1 litre

17) **Lunch** for hiking day with snacks - jelly babies are amazing for hiking 😊

18) **Charged mobile phone** for emergency contact, ideally in a little waterproof phone case.

FOR THE WATER ACTIVITY

19) Spare pair of sturdy closed toed shoes for the water

20) Swimsuit or spare shirts and t-shirt to wear under the wetsuit supplied by us

21) Towel

22) Dry clothes for afterwards

23) Separate bag to hold all of this, which will be held in our van for ease of transport.