



KENT CHARITY TREK

ORGANISED BY KENT SEARCH AND RESCUE

Kit List

What do I really need?

What to wear and how to best prepare for all elements.

Clothes

It is important to dress correctly for The Kent Charity Trek, just like good boots, good clothing will help you along the route. Make sure you wear the clothes you will be wearing before the actual event. You'll be surprised how a top can feel different despite being exactly the same as one you've always worn.

We would recommend layering your clothing to ensure you keep cool or warm depending on the weather. The three layer rule should be observed.

Base layer: it is worn directly next to the skin and the idea is it will take moisture away from your skin to prevent it making you cold or uncomfortable. If you are buying a base layer remember that some are designed to keep you cool, others are designed to keep you warm.

TIP: We advise wearing a cap in the day to keep the sun off.

Mid layer: A secondary layer is very much an insulating layer to keep you warm. A lightweight fleece or long sleeved full fronted zip-up is ideal. However, it can also be a t-shirt over the base layer.

Outer layer: Often a waterproof or high visibility style zip-up. It should be breathable and have a hood.

Legs: This will again all depend on the weather, walking trousers but if it's a nice day then decent walking shorts. Ensure these have plenty of pockets.

**TIP: Layers, layers, layers!
Whether it's hot, cold, wet or dry, if you have layers you can easily add or take off. Avoid huge heavy coats or knitted**

jumpers that will take up space and weigh down your rucksack.

Bags

If you don't have a support vehicle and will be carrying your worldly goods for the entirety of the event, then here is the advice. Ensure the bag is big enough to hold all of your equipment (20-30L should be about right). Compartments are great for separating your "must haves" from the not-so-essential extra items, so choose a bag with these.

The bag must have adjustable padded shoulder straps and ideally padded waist straps to fit around your hips rather than all of the weight across your shoulders and back.

One small rack sack size bag can be transported from the start point to your designated finish point.

TIP: Find the smallest bag that will hold all of the kit you plan to bring, the bigger the pack the more you will pack!

Walking Poles

By no means essential but some people find them a welcome addition on long walks for both balance and spreading the weight.

Mobile Phone

A mobile phone is essential and should be fully charged before the event. You will be given emergency numbers to call if you get stuck. If walking in a group, make sure every walker has a mobile phone. We will also require your mobile number so we can contact you in case of emergency.

There will be charging points at the end of the 25km route and at the half way point of the 50km, please bring a charger with you.

Item	Essential / Optional	Comment
Route map	Essential	Provided on day by Kent Charity Trek
Event Control numbers	Essential	Provided on day by Kent Charity Trek
Mobile Phone	Essential	To be carried on your person at all times.
Phone charger	Essential	Either a battery pack to charge on the go or your phone charger to plug in at the 25km or 50km finish lines.
Trek number	Essential	Provided on day by Kent Charity Trek
Sun cream/ lip balm	Essential	
First aid kit	Essential	Should consist of a minimum of plasters/blister kit, talc, tape and scissors.
Spare socks	Essential	Bring 2-4 pairs.
Extra layers	Essential	As mentioned on previous page.
Sturdy water bottle(s) / Water Bladder	Essential	Avoid a large bottle; choose two smaller bottles to spread the weight if possible – but water bladder is ideal.
Waterproofs	Essential	Lightweight, breathable.
Energy snacks/ food	Essential	Food will be provided at check points but along the route you may need to some energy.
Drink	Essential	There will be places to buy drink and there is free water at every checkpoint, but you should come filled up and ready to start the trek. Hydration is essential. Avoid carrying cans of drink as they are heavy and cannot be resealed.
Money	Essential	Ensure you have some spare cash on you to purchase any extra food and drink along the way, avoid carrying all your credit cards and other personal items on you.
Sat map/ navigation device	Optional	If you have a GPS navigational device and have downloaded the route, then ensure you bring batteries for it and know how to use it.
Camera	Optional	But worth it.
Spare footwear	Optional	
Sunglasses	Optional	
Antibacterial hand wash	Optional	
Plastic bags	Optional	Ideal for sitting on or taking your rubbish with you.
Gloves	Optional	May be worth having if using walking poles.