



Brad's Backpack

National Three Peaks Packing List

Rucksacks and Bag

- Daypack 30-40L
- Waterproof Liner or Backpack rain cover (Rain cover is preferred)

Footwear

- Walking boots with ankle protection
- Hiking socks

Clothing

- Waterproof Jacket
- Waterproof Overtrousers (gore-tex recommended)
- Lightweight Fleece
- Wicking T-Shirt (no cotton)
- Hat
- Gloves (preferably waterproof)
- Trekking trousers (no jeans or joggers)
- Hat

Trekking Equipment

- Water Bladder or Bottle
- High energy snacks
- Dry bag
- LED Torch
- First aid kit
- Sunglasses*
- Walking Poles*
- Camera*

First Aid Kit

- Pain killers
- Plasters
- Blister pads
- Antiseptic wipes
- Rehydration sachets
- Your own medication
- Sunscreen
- Aftersun
- Dextrose Tablets

Extras

- Credit / Debit card
- Cash for emergencies
- Emergency contact numbers