

# Mighty Hikes

## Kit List



### Macmillan top

Available to swap or pick up at registration on the day. It's made from a wicking material so is perfect for hiking!

### Small backpack

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

Luggage transfer is also available from the start to finish line for any items you don't need whilst walking.

### Mobile phone

Remember to bring your charging cable and portable battery pack too.

You'll want to make sure your phone has plenty of charge to take photos with throughout the day to help boost your fundraising!

### Money

We don't charge for anything on the hike, but we recommend bringing some cash and a debit or credit card just in case of an emergency.

### Head torch with batteries

Sometimes it can get dark during the hikes so one way to ensure you can continue to the finish is to have a good head torch you can use along the way.

### Trekking poles

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

### Walking boots or shoes

Find comfortable shoes offering good support, and wear in them beforehand!

### Walking socks

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

### Waterproof Jacket

We all know what the British weather can be like so it's essential to have a good quality waterproof jacket with you!

### Trekking trousers

Trekking trousers with zips which turn them into shorts are a brilliant piece of kit to have!

### 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 to keep your eyes protected and your head covered in the sun!

### Sun cream

We recommend bringing and wearing sun cream whatever the weather forecast. Make sure it is at least Factor 30 and still in date!

### Water and snacks

You must have two litres water capacity with you. Water refill stations are available along the route.

We will have plenty of food for you throughout the day, but it's always good to pack your favourite snacks to give you that much needed energy boost!

### First Aid

We offer stocked medical stations at the start, finish and pit stops, but it's good practice to bring a small first aid kit with things you may need to use regularly.

Things we would recommend include blister plasters, Vaseline, hand sanitiser, pain killers and your personal medication.