



# PILGRIMS WAY CHALLENGE

## EQUIPMENT LIST

**Lace up your walking boots (or trekking shoes/trainers) and get ready to hike for the hospice.**

Below are some items that Pilgrims recommend bringing with you on the Pilgrims Way Challenge. Some items are essential, particularly for 50KM Challengers, but it's up to you whilst out training to find out what kit works best for you.

### Clothing Kit List

- **Hiking/walking boots or trail shoes** – water repellent and fully broken in. It is absolutely possible to wear trainers, please just bear in mind that if it's wet then often trainers won't cut the mustard in the rain. You will be walking across fields, paths and rural spots during the challenge and if the weather has been bad or in the early morning dew, you may find yourself with wet feet. Wet feet = blisters. You should also consider bringing another pair of socks, to help with situations like this (more on socks below). For those doing the 50K and walking into dusk and the evening darkness then you should really consider boots for the ankle support during the darker stages.
- **1-2 pairs of medium weight walking socks** – particularly those doing 50K should bring two pairs of socks and consider changing them at the Canterbury half way stage. It's always good to carry a spare pair of socks, whichever distance you choose. Medium walking socks tend to cost from £10-£20 per pair. Other cotton socks do work, but you need to train in your socks and find out what works best for you. We're happy to help advise on kit, so please [email us](#) for advice.
- **Light-weight trekking trousers/sports leggings or shorts** – depending on the weather and what is more comfortable for you. Consider the weather. If it's looking wet and you own a pair of waterproof or quick drying trousers, please bring them with you. You can carry extras in your backpack.
- **Trekking t-shirts** – you will be provided with a Pilgrims t-shirt at the start of the challenge. Please do wear these and help raise awareness for Pilgrims whilst doing the Challenge. However, you can get out and about training in any type of breathable/wicking top, bring your preferred to the start and you can always swap when you arrive and put the other in your backpack. For those doing the 50KM you may want to consider bringing an additional base layer with long sleeves.
- **Micro-fibre fleece for layering** – please bring additional layers with you, in case it is cold or wet. You will also need additional layers for the way home from your Challenge.
- **Hiking/trekking style jacket with hood** – again, if it's wet or windy you may well need an additional layer. For those doing the 50K, depending on your timings it might get cold at night whilst walking, we would recommend 50K Challengers bring a jacket with them.

- **Sun hat (peaked or wide brimmed)** – you will be out in the sun (hopefully) for long periods on either challenge distance, please bring a hat or cap to wear during the Challenge and to keep the sun off your head, face and neck.
- **Buff or bandana** – for sun protection. We highly recommend buffs; they can keep you cool during the day by shading your head or neck but keep you warm too, as a neck scarf. They are relatively cheap too!

### 50KM Challengers

- **Head torch – essential** - You **must** bring with you a head torch for the rural sections towards the end of your challenge. You will be checked before you leave the Canterbury halfway stop. To explain, you will be crossing rural fields and foot paths and walking through short sections of woodland during the later stages. As dusk becomes night and you become tired, this will really help keep you on track. These can be quite basic models, but please do test them beforehand. Even better, if you get one with a light on the back too, others can spot you in the dark from a distance and follow your path ahead.
- **Gloves** – for those starting early and finishing in the evening/night. You may need to consider bringing gloves with you and possibly a hat (weather dependent).
- **Rehydration sachets** – you can get these in boots and other pharmacies. Please bear in mind you'll be out in daylight for long hours and these are really helpful to keep you hydrated throughout.

### Essential Equipment

- **Backpack – essential** - we recommend bringing a 20-30L backpack with you to carry water, snacks, layers, first aid kits and head torches (for those on the 50KM Challenge). The best backpacks out there, have side pockets for water bottles, easy access pockets for the items you use regularly such as sun cream, snacks, lip balm and mobile phones (even better if it has a belt with pockets either side).
- **Water carriers – essential** - these can be bottles, camelbacks or water pouches but please aim to carry at the least 1L with you at all times. You will be working up a sweat and will need to keep hydrated throughout. There will be water available at all rest stops where you can top up your supplies along the way.
- **Mobile phone – is essential** - so that the organisers and your friends and family can contact you, should they need to in an emergency.
- **Cash – essential** - It's a good idea to bring some cash with you for journeys and an emergency stash just in case. You will be fully supported during the challenge with regular rest stops and emergency medical assistance, but should you choose to leave the event early, you will need to make your own way home.
- **Sunglasses** with 100% UV protection
- **Sun cream** – you will be out in the daylight in June, whether it is rain or shine, it is a good idea to bring this with you and put it on beforehand.
- **Lip balm** – again whichever distance you take on, you will be outside for a number of hours and it helps to keep your lips hydrated too.

- **First aid kit** – basic supplies to keep you going. Blister kits are a key part of this (Compeed/2<sup>nd</sup> Skin/zinc oxide tape with padding). Plus pain killers and other first aid items that will see you through. You can buy basic kits online or in shops for a couple of pounds.
- **Hand sanitizers** – this is always a good idea!

### **Best foot forward!**

Make sure you wear footwear that feels comfortable and that you have been training in. Pilgrims certainly don't expect you to go out and buy new footwear for this challenge, however, there are some things to take into consideration:

- **If you do buy new footwear – get them fitted** - if you are looking to invest in a new pair of walking boots/shoes, please don't buy online. Instead, head for a local retailer (Go Outdoors, Cotswold Outdoors, Blacks, Ellis Brigham, Mountain Warehouse etc.). They will fit you properly, find shoes that are best suited for your shape foot and that aren't too small/tight/big etc.
- **Choose your footwear carefully & check the weather** - if it is going to be very hot, your feet will swell and sweat in heavy hiking boots, so they need to fit correctly to avoid this. Swollen feet will make the likelihood of developing blisters much higher. Please note – that good fitting pairs of hiking boots or shoes will help combat blisters. It is all down to personal preference. Make sure they aren't too tight, especially across the front/tongue (heat rash doesn't help either), that your toes and feet aren't cramped and that they are not too slack that your feet move around in them. Make sure they fit well by trying them out with the type of socks you intend to wear on the walk. Whichever you plan on wearing – you must train in them and fully wear them in!
- **Blister treatment** - don't wait until you get a blister to treat it, everyone gets hot spots that you can feel starting to hurt – prevention is better than a cure! If you feel a warm spot, or a part of your foot that is rubbing, consider your sock position (seams etc.). If it is the start of a blister, stop and put a blister plaster on, ensuring your feet are dry before you apply it as it will not stick if the area is moist.
- **Neat nails** - make sure you keep your toe nails clipped and trim so that your nails aren't hitting the bottom of your boots or trainers, especially on downhill sections. Should it happen, then this will likely lead to bruised (and even loss of) toenails during or after the challenge!

**Get fitter, go further and help to raise vital funds to support hospice care right across our east Kent community. Thank you so much for your support and have a great hike!**