



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, 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).
- **1-2 pairs of medium weight walking socks** – 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 forecast. 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 sent a Pilgrims t-shirt in your participant pack in advance of the event. Please do wear this and help raise awareness for Pilgrims while doing the Challenge. However, you can get out and about training in any type of breathable/wicking top you prefer.
- **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.

- **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! You can purchase an official Pilgrims Hospices neck warmer in advance for just £5. Email fundraising@pilgrimshospices.org to find out more. Please note: no neck buffs will be for sale on the day in 2021.



Essential Equipment

- **Backpack – essential** - we recommend bringing a 20-30L backpack with you to carry water, snacks and packed lunch for the 2021 event, layers, first aid kits and head torches. 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 a reasonable amount of water with you at all times. You will be working up a sweat and will need to keep hydrated throughout. There will be water bottles available at all rest stops where you can top up your supplies along the way, additional recycling points have been added for 2021 due to additional packaging. Also consider, **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.
- **Mobile phone – essential** - so that the organisers and your friends and family can contact you, should they need to in an emergency. If you have a smartphone, downloading the free Pilgrims Hospices Event App will enable you to see precisely where you are positioned on a detailed course map.
- **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 September, whether it is rain or shine, it is a good idea to bring this with you and put it on beforehand.
- **Lip balm** – 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/ 2nd 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.
- **Face mask or covering** – Participants must bring with them a face mask or face covering to be worn at all times while at event rest stops and the start and finish venues. If you do not have a face covering with you, you will be asked to leave the event. Please consider the your safety, and the safety of other hikers by wearing a face covering.

- **Hand sanitisers** – Participants must bring with them hand sanitiser gel to be carried with you at all times on the 2021 event. This must be used when passing through or crossing stiles, gates and leaving rest stops. Please consider other hikers by doing this each time. There will also be hand sanitizing stations available at each event venue and rest stop. Please do use these regularly throughout the day and remember to wash your hands at the earliest opportunity after the event.

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!