



The Great Glencoe Challenge Kit

RECOMMENDED

Waterproof jacket (Fixed hood)

Warm clothing, fleece etc

Hat and gloves

Well broken in 2 to 3 season walking boots or waterproof trail shoes

Small personal first aid kit (containing blister kit)

Any required personal medication (minimum, for the event duration)

Emergency whistle

Your participant number (displayed all times)

Head torch and spare batteries

Copy of emergency telephone numbers

Fully charged mobile phone with the Ptarmigan Events emergency number pre entered

Mobile phone waterproof cover

Spare food & snacks

Start Event with a minimum 2 litres of water in a suitable drinking container or hydration pack that can be refilled at Checkpoints

Small rucksack (waterproofed) to carry kit

Sunhat & Sun block

Insect repellent

A good sense of humour! 😊



ADDITIONAL ITEMS TO CONSIDER

Waterproof trousers

Walking poles

Midge hood

Spare socks & foot powder

Camera

Sunglasses

Toilet roll

Pocket size hand sanitizer

Wellies for event HQ (wet weather)

Flip flops or comfortable footwear to change into when it's all over!