

# Intrepidus Outdoors - 3 Peaks Challenge Equipment List

- A small suitcase to be stored in the trailer or at the hotel for items not needed during the hikes.
- A day pack (30L max) for carrying essentials while hiking, such as water, extra layers, and snacks.
- A small rucksack for the minibus, containing transport snacks, entertainment, and extra layers for comfort during the drives between peaks.
- Having the right gear is critical. Here's a suggested packing list:
- Clothing:
- Breathable, moisture-wicking layers
- Waterproof jacket and trousers
- Hat and gloves (even in summer, as temperatures can drop significantly at higher altitudes)
- Extra warm layer (such as a fleece or insulated jacket for emergencies or colder conditions)
- Footwear:
- Hiking boots with ankle support (essential for stability and preventing injury on uneven terrain—trainers are not suitable)
- Comfortable hiking socks
- Accessories:
- Backpack (30L max) to carry essentials without adding unnecessary weight
- Walking poles
- Headtorch (with spare batteries)
- Sunscreen (to protect against UV exposure, even in cooler weather)
- Sunglasses (to reduce glare and protect your eyes, especially at higher altitudes)
- For the Minibus Ride:
- Snuggly clothes (e.g., a warm hoodie, sweatpants, or blanket for comfort during rest breaks)
- Comfy shoes (like trainers or slip-ons) to give your feet a break between hikes