IRON-Fan Challenge

Recommended Packing List

Clothing & Footwear

✅ Lightweight, breathable **waterproof jacket**
✅ Moisture-wicking **base layers** (avoid cotton)
✅ Light **fleece or insulated mid-layer** (for warmth)
✅ Quick-dry **hiking trousers or leggings**
✅ **Waterproof over-trousers** (if rain is expected)
✅ Comfortable, **broken-in walking boots or shoes** (water-resistant if possible)
✅ **Merino wool or synthetic hiking socks** (plus 2 spare pairs)
✅ **Spare base layer top** (to change if damp from sweat)
✅ **Gaiters** (useful for mud or wet grass)
✅ **Hat and gloves** (for warmth – lightweight options ideal)
✅ **Windproof layer** (if not already included in jacket)

Backpack & Storage

✅ **Daypack (30–35L)** with a rain cover
✅ **Dry bags or ziplock bags** (to keep kit dry)
✅ **Rubbish bag** (to carry out all waste, incl. food wrappers)

Food & Hydration

✅ **2–3L of water** (hydration bladder or bottles)
✅ **Electrolyte tablets or sports drinks**
✅ **High-energy snacks** (trail mix, flapjacks, nuts, dried fruit, protein bars)
✅ **Packed lunch & extra snacks** (sandwiches, wraps, pasta salad)
✅ **Extra calorie-dense options** (peanut butter wraps, oat bars, cheese, boiled eggs)
✅ **Salt tablets or extra electrolytes** (to prevent cramp)
✅ **Flask of hot tea/coffee** (optional but morale-boosting)

Navigation & Safety

✅ **Fully charged phone** (with map saved offline – OS Maps/Strava/etc.)
✅ **Power bank & charging cable**
✅ **Printed map or route description**
✅ **Head torch/headlamp** (with spare batteries)
✅ **Small first aid kit** (plasters, blister pads, pain relief, antiseptic wipes)

✅ **Whistle** (for emergencies or low visibility)
✅ **Emergency bivvy bag or shelter** (lightweight, for emergencies)

Weather Protection

✅ **Lightweight umbrella or poncho** (optional but handy)
✅ **Sunscreen & SPF lip balm** (even on cloudy days)
✅ **Sunglasses & peaked cap** (for sun glare)

Comfort & Extras

✅ **Trekking poles** (very helpful on repeated descents)
✅ **Tissues & biodegradable wet wipes**
✅ **Hand sanitiser**
✅ **Mini towel or buff** (neck protection or sweat-wiping)
✅ **Cash/card & ID**
✅ **Compeed or enhanced blister kit**
✅ **Personal morale booster** (e.g. sweets, music, photo, mini treat)