

## CLIMB FOR KENYA

### Galtee Mountains 2021 Suggested Gear List

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It is important to carry sufficient equipment to keep you safe and healthy on the mountains. This list is compiled as a guide for you - just remember that you need to be warm, dry and comfortable at all times.

#### For the hike, you will need:

##### Essential

- Waterproof footwear
- Wearing new footwear may lead to blisters so break them in well in advance
- Socks
- Trousers - NOT denim jeans – these become very heavy and un-windproof when wet – lightweight, quick drying trousers are best
- Shirt/full sleeved thermal tops
- Jumper/ fleece - it is better to have multiple thin layers rather than one or two thicker layers
- Spare Jumper/ fleece
- Hat
- Gloves
- Waterproof coat
- Waterproof over-trousers
- Water bottle
- Lunch for the day - make sure you have plenty of energy snacks and a warm drink.
- Small rucksack for hike

**Important note - Weather conditions can vary greatly from ground level to higher levels. It is essential to be prepared for all eventualities.**

##### Recommended

- Torch and spare batteries
- Whistle
- Sunglasses & Suncream
- Small first aid kit (including blister kit)
- Insect Repellent
- Pencil
- Camera
- Walking Poles if needed
- Relevant Map (optional as leaders will have maps)
- Mobile Phone (fully charged) if possible – if you have a smartphone and a Facebook account it would be great if you can use these on the day to generate as much support as possible using our TEXT donation service. More details on that later.

*If you have any questions about gear, please contact us on [mountainchallenge@brightercommunities.org](mailto:mountainchallenge@brightercommunities.org)*