



CHALLENGE EVENT CLOTHING AND EQUIPMENT

When you book an event with us we provide a succinct kit list to help you decide on what to bring, but here is a little more detail, including what we provide, to help you gain an understanding of what you are signing up to. Our events involve a variety of activities so you just need to look at the ones relevant to your challenge. We provide you with all the specialist equipment, but if you have your own that you wish to use then please bring it and feel free to use it if it is appropriate. The Lake District weather can be very temperamental and even in the summer it can feel like an altogether different season, we therefore advise bringing everything we suggest, and then carry the spares on the day.

KAYAKING

As well as providing high quality boats and paddles we also supply a range of other equipment and clothing, because we believe that you should not compromise on comfort. If you haven't kayaked before don't instantly think you are going to capsize because in our big tandem sea kayaks it very rarely happens. If you are anxious about getting into a kayak and want some reassurance go to our [Nervous About Kayaking](#) page. For kayaking dress comfortably, warm and prepare to sit down and let your upper body do the work.

- **What we provide** – Kayaking waterproof jacket and trousers, neoprene shoes or wellington boots, Wilderness Systems tandem and solo sea kayaks, buoyancy aids, paddles, spray decks, and a selection of neoprene gloves
- **What you should bring** – Comfortable and lightweight clothing designed for active use (avoiding cotton), hat, gloves and scarf, plus a full spare change of clothing just in case. For more information on suitable clothing view our [6 tips for staying warm in the outdoors](#).

CANOEING

When canoeing you are slightly more exposed than when kayaking so it is important to wrap up warm. You will be active as you paddle the canoe and therefore warm up, but sometimes you might be stationary for short periods and therefore cool down.

- **What we provide** – Waterproof jacket and trousers, wellington boots or neoprene shoes, a selection of gloves, tandem canoes, paddles and buoyancy aids
- **What you should bring** – Comfortable clothing designed for active use (avoiding cotton), a good pair of walking socks, spare fleece jumper, hat, gloves and scarf. Bring surplus clothing if you are someone who gets cold. For more information on suitable clothing view our [6 tips for staying warm in the outdoors](#).

MOUNTAIN BIKING

We work closely with a professional cycle hire company who provide top spec bikes for all our needs. They provide us with a range of Giant bikes including the Trance full suspension and Talon hard tail mountain bike, plus Roam hybrid bikes. Dress as if you were to go for a run and then bring an extra layer; due to the undulating terrain you will be putting different amounts of effort in all the time. It can range between having to put little effort in downhill to being very active up hill.

- **What we provide** – Waterproof jacket and trousers, rucksack, helmet and bikes.

- **What you should bring** – Comfortable and lightweight clothing designed for active use (avoiding cotton), trainers with good grip, gloves and scarf. For more information on suitable clothing view our [6 tips for staying warm in the outdoors](#).

HIKING

In the mountains you can be faced with exaggerated weather conditions due to the elevated nature and therefore exposure. It can however be just as still and calm as in the valley bottom. Keeping this in mind it is important to prepare for anything and everything that the elements could throw at us.

- **What we provide** – Waterproof jacket and trousers and 30ltr rucksack. Event dependant we have a selection of walking boots. For events predominantly involving hiking participants are required to have their own boots that they have broken in and suit their feet. Boots you are not used to can be uncomfortable and cause blisters.
- **What you should bring** – Comfortable and lightweight clothing designed for active use (avoiding cotton), a good pair of walking socks, walking boots, spare fleece jumper, hat, gloves and scarf. For more information on suitable clothing view our [6 tips for staying warm in the outdoors](#).

CLOTHING GAUGE EXERCISE

If you are still unsure of what you personally need to wear then we have created an exercise routine below. The combination of activity and resting throughout the exercise routine will give your body a chance to heat up and cool down repeatedly, similar to what you will experience as you go through one of our challenge events, helping you gauge how effective your clothing and layering system is. You should be adjusting the amount of layers you have on all the time, adding layers when you are resting. If you start to shiver then you have not been adjusting your layers appropriately and you should repeat the exercise until you are successfully sustaining a comfortable temperature throughout.

1. Go for a run outside at a moderate pace for as long as you can but within 30 minutes
2. Rest for 5 minutes and then walk until you are fully recovered
3. Run again at a slightly faster pace for as long as you can but still within 30 minutes
4. Rest for 10 minutes and then perform 5 push ups a minute for 20 minutes
5. Rest for 5 minutes then perform a plank* for 20 seconds every minute for 10 minutes
6. Rest for 5 minutes and then do some gentle stretching exercises

** Lie face down on the floor and raise your body into a press up position. Lower yourself onto your elbows and hold a rigid 'plank' like position.*