

# EXMOOR EXTREME

*52km hiking challenge*



This challenge is for experienced walkers, so you'll no doubt already know what you should be carrying – but as a handy reminder we would recommend carrying the following equipment in your backpack:

- Water (at least two litres)
- Sufficient food & snacks to keep your energy levels up
- OS Map: Exmoor OL9
- Compass
- Head torch
- Mobile phone – Always let someone know your walking route, your expected set-off and finish time
- Spare socks
- First aid kit
- Blister plasters
- Sunglasses & suncream
- Gloves
- Hat
- Waterproofs
- Emergency shelter
- Survival blanket
- Backpack raincover

## Optional equipment

- Walking poles
- GPS
- Camera
- Thermals

## Equipment worn

- Walking boots (essential, not trail shoes or trainers)
- Sports top and bottoms
- Lightweight walking trousers
- Sports-type top (not cotton)
- Fleece / sports-type hoodie
- Windproof jacket
- Hiking Socks