**Purer Three Peaks Challenge**

**Kit list**

**Cycling clothing per person**

Helmet & spare

Water bottles x 4 min

Cycling shoes

Cycling gloves

Cycling shorts x4 min

Cycling jersey (short sleeve) x4 min

Cycling jersey (long sleeve) x2

Arm warmers x1

Leg warmers x1

Long sleeve base layer (sun protection)

Cycling socks x4

**Cycling equipment spares**

Bike (Steve has one spare)

Wheels (nice to have!)

Tyres

Inner tubes

Chain lube

Chain repair links

Cycling cleats and screws

Bike bag/boxes

**Running clothing per person**

Shorts x 3

Leggings x 2

T shirts/tops

Waterproof x1

Hat x1

Gloves x 1

Shoes x 2

**Running equipment**

Head torch

Camel pack

Maps

GPS

Compass

**First aid & bodily comforts**

Plasters

FFD

Pain killers

Tape Kinesio (muscle tape/ strapping)

Chamois cream (lots)

Sun cream

Lip salve

**Food & nutrition**

Water

Various food etc

**Support Team kit:**

**Transport**

6-Seater Combi Van x 2

Camper/ mobile home (if available) x 1

Fuel

Tool kit

Oil

**Equipment**

Radios

Sat nav

Maps

Food

Sleeping bags

Head torches

Chairs

Table

Generator

Flood Lights