

NATIONAL 24 HOUR 3 PEAKS CHALLENGE

Basic Overview – Equipment and Training

Equipment

Important:	Do not make any allowances for the fact that the event takes place in the summer! Hopefully the weather will be good, but conditions may well be cold and wet in the mountains. It is important to make sure that you are properly equipped.
Footwear:	Good boots are essential. If you plan to buy new ones, make sure they are well worked before the event as blisters could be a disaster. It is always better if boots are slightly larger; having them slightly too small can have miserable consequences. Boots with a Gore-tex upper are flexible and waterproof. Approach shoes and cross trainers are not suitable for this event. Anyone arriving at the event wearing them will not be allowed to take part as they do not afford suitable protection. Note: Your footwear must come above the ankle
Waterproofs:	You must have waterproofs with you during the climbs. It is essential to have a wind and waterproof outer-shell garment whilst on the mountains: Gore-tex or an equivalent fabric is ideal. These will need to be carried in your rucksacks together with some spare warm clothes. Wet weather can lead to a high-chill factor, even at this time of year, so over-trousers are also recommended.
Hats & Gloves:	Hats and gloves are essential equipment if the weather is cold or wet, and will be needed on the summits in any event - the head suffers the greatest heat loss in cold weather. Alternatively, the sun can be strong, so have a sun-hat as well!
General:	Layers of clothing are better than very heavy single layers; ideally there should be three distinct layers. Firstly, the base layer should encourage moisture to 'wick' away from the skin, leaving a dryer layer next to the skin. The middle layer, which could comprise of one or two garments, should trap the maximum amount of air - fleece or wool is good for this. The final layer, or outer-shell, should do three things; keep water out, keep the heat in and allow water vapour to escape. The layer system can easily be adjusted according to the weather in order to maintain an even body temperature.
Personal Equipment:	Each team member must also carry a head torch with spare batteries, a whistle, a water bottle and a small rucksack.
Team Equipment:	Every team must carry the following items throughout the event:

	<ul style="list-style-type: none"> • Survival Bag • First Aid Kit • Walking Poles (1 set) • Note Book and Pencil • Mountain Map • Map Case • Compass and Spare • Emergency Food • Insect Repellent • Sun Cream
Training	
Introduction:	<p>Our experience shows that the following factors are essential ingredients in a successful challenge:</p> <ul style="list-style-type: none"> • A good level of physical fitness for this event. • Team members should be evenly matched for their ability. • Each entrant should take their preparations seriously.
Fitness:	<p>It would be foolish and potentially dangerous to suddenly climb a number of mountains if your body is normally expecting a weekend as a couch potato. To be successful, you will need to be able to walk over rough terrain, involving both steep uphill and downhill sections - it should not be necessary to have to run at all. A rhythmic pace, especially uphill, will lead to much better progress than charging at it. The moral of the hare and the tortoise makes a lot of sense during the 3 Peaks Challenge, especially as it is so easy to forget on the first mountain that you will still need the strength and energy for the later peaks.</p>