

# TRAILWALKER - COMPULSORY KIT LIST

There are a number of things you'll need to take to keep you safe during Trailwalker. The South Downs Way is very exposed in places and known for unpredictable weather! This list ensures you have the right kit to keep you fuelled, hydrated, protected from the weather, prepared for night-time walking, and safe in case of emergency.

COMPULSORY ITEMS - PER PERSON	
<input type="checkbox"/>	1 x rucksack
<input type="checkbox"/>	1 x 1 litre water bottle or hydration bladder (full)
<input type="checkbox"/>	1 x head torch + spare batteries
<input type="checkbox"/>	1 x participant number (you'll receive this at registration)
<input type="checkbox"/>	1 x sun hat
<input type="checkbox"/>	1 x whistle
<input type="checkbox"/>	1 x mug or flask (for hot drinks)
COMPULSORY ITEMS - PER TEAM	
<input type="checkbox"/>	1 x Trailwalker Map and Event Guide (you'll receive this at registration)
<input type="checkbox"/>	2 x Ordnance Survey maps (OS Landranger 197 and 198)
<input type="checkbox"/>	1 x compass
<input type="checkbox"/>	1 x notebook and pen (for recording details in an emergency)
<input type="checkbox"/>	2 x mobile phones (for different networks)
<input type="checkbox"/>	1 x first aid kit
<input type="checkbox"/>	1 x survival bag
<input type="checkbox"/>	2 x high-visibility vests
<input type="checkbox"/>	1 x suncream
WEATHER-DEPENDENT ITEMS	
<input type="checkbox"/>	1 x warm hat and gloves
<input type="checkbox"/>	1 x warm fleece
<input type="checkbox"/>	2 x sets of spare clothing (carry one, keep one in Support Crew vehicle)
<input type="checkbox"/>	min 4 x pairs of spare socks (carry one, keep the rest in Support Crew vehicle)
<input type="checkbox"/>	1 x waterproof jacket and trousers

Visit [trailwalker.gwt.org.uk](https://trailwalker.gwt.org.uk) to download the event guide and planner.

19-21 SEPTEMBER 2025  
**TRAILWALKER**  
4 PEOPLE | 100KM | 30 HOURS