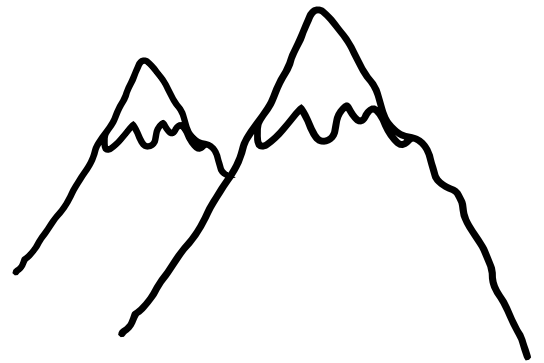


**Cystic  
Fibrosis Trust**



## Great Strides™ Ben Nevis Challenge Weekend

### Advised kit list

Items	Necessity
Waterproof outer layers	Vital
Thick socks plus spares	Vital
Lightweight breathable base layer	Vital
Your branded Trust t-shirt	Vital
Sturdy waterproof boots	Vital
Warm hats and gloves	Vital
Walking poles	Optional
Rubbish bags	Recommended
Baby wipes	Recommended
Sugary treats	Recommended
Blister Plasters	Recommended

**Base layer:** Your base layer should keep you cool and dry, you should choose something that is airy and transports moisture away from the body.

**Mid layer:** Your mid-layer should keep moisture away from the body but also keep you insulated from the cold. Our technical t-shirts make great mid-layers!

**Outer layer:** This should be a waterproof, windproof jacket with a hood that is easily transportable and preferably folds down to a compact size.

**Please take the time to read the Countryside Code before the big day.**

**Countryside Code:** [www.countrysideonline.co.uk/care-for-the-countryside/countryside-code/](http://www.countrysideonline.co.uk/care-for-the-countryside/countryside-code/)



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