

**Cystic
Fibrosis Trust**



Great Strides™ kit list



Items	Necessity
Waterproof outer layers	Vital
Thick socks plus spares	Vital
Lightweight weatherable base layer	Vital
Your branded Trust T-shirt	Vital
Suitable footwear	Vital
Warm hats, gloves and thick socks	Recommended
Walking poles	Optional
Rubbish bags	Recommended
Baby wipes	Recommended
Sugary treats	Recommended
Anti-bacterial gel	Recommended
Suncream, hats and sunglasses	Recommended
Spare socks and clothing	Vital
Stocks of water and food	Vital
Digital camera/ mobile phone	Vital
Head torches	Recommended
First aid kit	Vital (recommended contents are in the events pack)
Route map	Vital
Portable phone charger	Recommended
Contact numbers for event village	Vital

If you have any questions please get in touch with the Events team on 020 3795 2176 or greatstrides@cysticfibrosis.org.uk.