

The Big Marsden Trek



Sponsored by
BANHAM

Kit-list

This checklist outlines the essential kit required for a 26.2-mile trekking challenge. Participants should be prepared for variable UK weather conditions and carry all necessary items for safety, comfort, and endurance.

Essential kit



Clothing

- Base layer: Wicking base layer or t-shirt
- Middle layer: Warm layer (fleece or similar)
- Outer layer: Waterproof jacket (fully waterproof and breathable)
- Trekking trousers (lightweight and quick-drying; no jeans)
- Waterproof overtrousers



Footwear

- Walking boots (well broken-in, with good grip and ankle support)
- Walking socks (minimum one spare pair)



Bag and hydration

- Rucksack (25–40 litres, with adjustable straps and hip support)
- Waterproof liner or dry bags for rucksack
- Water bottles or hydration pack (minimum 2 litres capacity)



Food and energy

- High-energy snacks (e.g. energy bars, nuts, dried fruit, chocolate)



Weather protection

- Hat (warm hat and / or sun hat)
- Sunglasses



Essential kit



Health and safety

- Small personal first aid kit, including:
 - Blister plasters
 - Pain relief
 - Personal medication
 - Antiseptic wipes
- Sun cream (minimum SPF 30)
- LED Head Torch and spare batteries



Practical items

- Mobile phone
- Portable charger / battery pack
- Cash and/or card
- Emergency contact details



Recommended (optional)

- Walking poles
- Gloves (weather dependent)
- Spare/change of clothes for after the trek
- Basic toiletries (e.g. wipes)
- A flask for hot drinks

Key guidance

- Prepare for all weather conditions; waterproof layers are essential
- Wear in all footwear before the event to avoid blisters
- Stay hydrated and carry sufficient water throughout the trek
- Use layered clothing to regulate body temperature
- Prioritise comfort and practicality over unnecessary items

