

# 10 PEAKS CHALLENGE - BRECON BEACONS



Set in the stunning Brecon Beacons, the 10 Peaks Challenge takes on some of the national park's finest peaks. The challenge is to complete the 10 peak route within 10 hours and includes the summits of Corn Du, Pen y Fan and Cribyn. The demanding terrain is eased by the impressive views – although the Welsh weather may hamper the vistas! A lightweight, adaptable layering system is the key to keeping comfortable throughout the day, while supportive boots with good grip are essential for the mixed terrain.

## KIT Lists

ITEMS	QNTY	✓
Waterproof jacket	1	
Waterproof trousers	1	
Baselayer	1	
Wicking tee	1	
Fleece	1	
Walking trousers	1	
Gloves	1	
Hat	1	
Neck gaiter	1	
Socks	1	
Hiking boots	1	
Daypack (around 25 litres)	1	
Water bottle/water bladder	1	
Map	1	
Compass	1	
Head torch	1	
Sunglasses	1	
First Aid kit	1	
Blister plasters	1	
Tick remover	1	
Insect repellent	1	
Survival bag	1	
Whistle	1	
Trekking poles	1	
Food/snacks	1	