

4 PEAKS

MOUNTAIN CHALLENGE

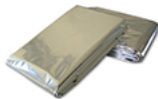
Compulsory Gear For The 4 Peaks

Please ensure you have all the
necessary gear for the race

Hydration Pack
with water



Space Blanket



Energy Bars & Food



Shoes



Cap & Beanie or
Buff



Cellphone
Fully Charged



Long Thermal Tights



Thermal Top



Whistle



Carrying Capacity of
3 Litres Water



Waterproof Jacket
With Hood



Gloves

