National 3 Peaks 24 Hour Challenge Information.

This information should offer some helpful advice to people taking part in the 3 Peaks 24 Hour Challenge. Whilst things such as broken legs and other such “what if’s” are discussed, this is purely due to the fact that we often get asked about such things, and not because they are an expected occurrence.

For most people who come along and take part in a 3 Peaks Challenge they really enjoy the experience. Although at the time it can be hard, and a rollercoaster ride of emotions, after the event people are very pleased with themselves, with us and our guides. The following is designed, to some extent, to put some people off the challenge. Unfortunately there are occasionally people who come along not seeming to know what is going on, they are totally unprepared, nowhere near fit enough, have completely the wrong attitude and kit and they can spoil it for others.

The 3 Peaks 24 Hour Challenge is not a sightseeing tour. We will not be sitting around on the mountains eating picnics. The guides are not tour guides they are mountain guides, they are not there to pamper. They do not have a magic wand that will get people up and down the mountains.

If people turn up unprepared they might be told that they cannot carry on / take part. Paying money does not guarantee in any way that you will be successful on the challenge. People should be aware that they will be walking across loose, steep, slippery, rocky uneven mountainous terrain.

The 3 Peaks Challenge is difficult. Despite this it is successfully completed by thousands of people each season. This information is only a brief guide and you should find other sources of information to help with your decision.

The BMC (British Mountaineering Council) Participation statement: "The BMC recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement."

Accepting responsibility for you own actions starts now. Make sure you turn up well prepared on the day. Despite sending out kit lists to everyone with Good quality head torch in bold, on most trips someone attempts to set off up the mountain without any kind of torch at all. If we assumed everyone had one and didn’t ask before starting then we would not know until too late. Likewise turning up with jeans, a poncho and wind up torch is not appropriate. If you have absolutely no idea about what you should wear / bring and the kit list makes no sense then ask someone who knows, call us or ask in an outdoor clothing shop.
The main thing you can bring with you on the challenge is a good attitude. Being flexible, understanding, tolerant, friendly and having a can do attitude will help immensely. Sometimes things might not be as you expect, sometimes things might not go as you like. It is how we conduct ourselves in these situations that is important.

We are sure that after the challenge you will look back and think that it was an amazing experience.

1. What are the chances of completing in 24 hours and what happens if we can’t?

90% of people complete all 3 peaks, however only around 40% manage it in less than 24 hours with 50% achieving successful completion between 24 and 25.5 hours. The chances of a whole group completing in less than 24 hours are not guaranteed although it does occur.

We / you do need to consider the group as a whole, especially on an open bus event. If someone will not make it around all 3 peaks in a reasonable time then for the benefit of the rest of the group they may need to retire from the challenge. We cannot allow someone to carry on indefinitely as people have onward travel plans for the end of the challenge. Therefore there is a rough schedule which needs to be followed. Generally starting Ben Nevis at round 4 pm we would hope to finish Snowdon by 4 pm the next day. If some people have come in an hour or so over the 24 hour period then this is just about acceptable as with a 2 hour drive to Chester or Crewe, where we typically drop off, we can still be there for around 8 pm.

We often have people taking part who are keen walkers and who have completed all 3 peaks individually before. To allow individuals the best chance of success we are happy so long as the weather / conditions are good for the group to split and for people to make their own progress. Generally on Scafell with a start being made in the dark and navigation more difficult, we ask people to stay as a group. The faster people arriving back at the minibus first would stop their clock whilst they wait for the slower members of the group. Our guide will generally follow on at the back with the slower members making sure everyone gets down off the mountain.

If conditions are bad and visibility poor then we may insist that people stay as one group with the guide until conditions improve. If you do at any time decide to head off in front of the guide and make your own progress then you do so at your own risk. If you do this at a time when the guide has insisted that it is not safe for you to do so then you may be asked to leave the challenge.

2. What kind of food would you recommend we bring with us/buy at the supermarket and is it a big supermarket where we stop off on the way to buy provisions?

It is a big supermarket, Morrison’s. Food is very personal, I have in my bag on the mountain some snickers, mars bars and jelly babies and 1.5 ltrs of water.

In the bus I have a tuna pasta pot, pasties, selection of pastries and a can of coke for when I get down from the hill. I am not saying that is the best or healthiest option though!

We will have flasks of hot water on the bus for when we get down from the hill and we also have cup a soups, tea, coffee and hot chocolate for people to make if they like. You can bring things such as pot noodles and can use the hot water to make these. Snacks such as chocolate, nuts, cereal bars etc are good for on the mountain, alongside perhaps a sandwich. The majority of food consumption can be done on the minibus whilst travelling between mountains. This saves time and means less has to be carried whilst walking. Things such as tuna pasta, sandwiches, bananas, pasta / noodle pots which you can add hot water too…again it is down to personal preference.

Any food / snacks needed should be purchased before the challenge to save time. We stop in Fort William at the supermarket before commencing the challenge on Ben Nevis.
3. In terms of eating/loo breaks do we eat on the bus only - are there any other stops? Loo breaks?

We stop just before the challenge in Fort William and there is a loo there, again at Scafell (although a little further along the road from where we park) and when we get to Snowdon there are toilets and a café there. If we need to make loo stops in the minibus at any point we can, but this can take up what might prove to be vital time, it saves time if people try to go when we are stopped anyway.

It is best if people can avoid going to the loo on the mountain but sometimes it might be unavoidable. Number 1s are fine but if it is a number 2 then we have special bags people will need to do it in, and then carry it down from the mountain.

As for eating (maybe I should have discussed before the number 2s?), well it is better to do most of the eating on the minibus after you get down from the hill. Just carry snacks on the hill, in easily accessible pockets so you do not have to keep taking your bag off. Keeping hydrated is important but water is heavy so try and hydrate as much as possible on the bus. I try and drink 600 ml per hour in the 2 hours before we arrive at the mountain, and 600 ml in the hour after we get down from the mountain. I carry 1.5 ltrs on the hill. Adding juice is a good idea. When we stop at Morrison's it is a good idea if you get some bottled water to use.

4. How fast do we need to walk?

Going uphill we actually walk quite slowly, averaging around 2 km per hour. People expect that they need to be able to go quickly otherwise they will not be on schedule. One of the main issues we have is trying to encourage people to carry on as they think they are going too slowly and holding everyone up, when they are not. The fact is that usually most people are feeling exactly the same, we have had people who were doing perfectly well drop out in the first hour on Ben Nevis as they were sure that they would not be able to make it.

5. Do we need to bring a first aid kit?

No your guide will have one and is a qualified first aider.

6. Do we need to bring maps and compasses?

Your guide knows the way and has a map and compass. If you stay with the guide they will lead you up and down the mountains.

7. What are the mountains like, which is the hardest, what will the terrain be like underfoot?

The mountains are the big and steep. The ground is rocky, loose, sometimes slippery and occasionally covered in snow and ice even in June. Add to that strong winds and zero visibility which can occasionally be the case and it can make progress, walking and balance very difficult. Most of the time we are walking on paths, but they are not pavements and many people will not recognise them as paths. You need to be steady on your feet and be able to walk on mountainous terrain.

Ben Nevis takes around 5 - 6 hours, and we have plenty of groups who take 6 hours and still go on to complete in under 24 hours. Anything over 6 hours on Ben Nevis and it is uncertain that you will be able to make a successful sub 24 hour completion time.

Ben Nevis is 1344 meters high, and we begin the ascent from almost sea level. The ascent and descent should take 5 – 6 hours. The distance covered underfoot is around 13 km up and down. We follow the Pony Track or Tourist route, which is the fastest and easiest way to reach the summit.
The first hour and a half of the challenge which takes you up to the (not quite) half way Lochan is one of the most sustained steep ascents of the 3 mountains. You can get a good idea of your speed / time as we look to make it up to the Lochan in 1 – 1.5 hours. Going a little over this is not the end of the world as time can often be made up later, but it does give you an indication.

There is a rocky path most of the way to the summit. In its lower sections it is stepped and consists of large rocks / boulders which make a stairway / path. In some of the middle / upper sections of the route the path is made of smaller rocks and stones. If wet care needs to be taken as the path / rocks can be a little slippery.

The steepest part of the mountain is the first section up to just below the half way lochan. Although there are steep sections later they are not as sustained. There are not many level sections of the ascent and it is up hill most of the way.

People can often find descending the rocky path more difficult than ascending, especially on their knees. Walking poles can help with this.

Ben Nevis is usually completed in daylight but a torch must still be carried. Conditions on the summit can vary dramatically from those found in the valley. Even in the middle of summer the summit temperatures can be below freezing with snow cover still prevalent. Spare warm clothes and full waterproofs should be to hand, along with warm gloves and hat.

Scafell Pike is the smallest of the 3 peaks at 978 m, we also begin the ascent from around 70 m above sea level.

However most people find Scafell the hardest psychologically as it is usually started in the early hours of the morning when people are feeling tired and sleep deprived. Knowing that there is still another to do later.

We usually aim for a time of 4 – 5 hours on Scafell up and down.

The path is mostly rocky and similar to Ben Nevis with larger stones joined together in sections making up the path, with smaller looser stones forming the paths higher up. However on Scafell there are sections where the path disappears, these sections can be a little muddy and wet underfoot and very difficult to navigate in the dark. Towards the summit larger more random rocks and boulders make up the route to the summit.

The summit is often in cloud and it is typically wet, as on Ben Nevis conditions at the summit can vary hugely from those found in the valley. Spare warm clothes and full waterproofs should be to hand, along with warm gloves and hat.
Snowdon is often found to be the easiest of the 3 peaks. People can be feeling slightly revived after a little sleep on the way from Scafell and the new day seems to bring renewed energy. There is the least amount of height to gain and although it is 11 km up and down, sections of the path are easy angled or flat with a few steeper sections in between. Again as on the other peaks, the route is mostly manmade and quite rocky, with large stones placed together to make up the path.

We use the PYG track and there is a café and toilet at the beginning of the ascent which is started from the Pen Y Pass car park opposite the YHA. We are often asked the postcode for people’s family / friends coming to meet them at the end of the challenge, it is LL55 4NY.

Although typically the weather on Snowdon is the best of the 3 peaks it can still be very different on the summit than in the car park, so do not be tempted to leave your spare warm clothes and waterproofs behind.

Quite often the car park at Snowdon is full and it is extremely busy, we can only make a quick stop to drop off so you will need to be ready with your bag to get straight out of the bus.

8. What happens if we turn up late or want to leave early?

Small delays in transport causing late arrivals at the pickup point at the start of the challenge do not usually present a problem. However, in the case of group bookings, if the delay is greater than 3 hours, then we reserve the right to cancel or shorten the challenge.

With open bus events, if an individual or smaller sub group arrive more than one and a half hours late, then our staff members on site will consult with the other members of the challenge, but will have the right to start the challenge without those who have arrived late. It may be possible to make contact with these people and arrange to pick them up on the way south from Ben Nevis. In such circumstances, no refunds will be given and those arriving late will be responsible and for any additional costs they incur.

Early departures from the group:

If participants wish to quit the challenge and leave the group anywhere on route, then our staff on site will consult with the remaining group members and will endeavour to facilitate the early departure if this does not delay the rest of the group and jeopardise their chances of success in the challenge. In such circumstances those wishing to leave the group will not be entitled to a refund and will be responsible for their own safety and for any additional costs they incur.

9. I am really worried about my fitness and am not sure if I am going to be able to keep up, I am thinking about not coming and need some encouragement, will I be ok?

We would love to give you all the encouragement you need and tell you that you will be ok, however we have never met you and have no idea how fit / or not you are. This may sound a bit unhelpful but we cannot say “come along you will be fine” as this might not be the case. What we have found is that it is not always the fittest people who find the challenge the easiest. It is as much to do with determination and mental strength as anything else. We have had gentlemen / ladies in their 60’s who have worked in offices all of their lives, have bad knees and are overweight having not taken part in any sport for years come along and complete in under 24 hours. Whilst chaps in their early 20’s doing things such as sports science degrees who regularly play football and take part in sports fail to finish as they find it too hard and just gave up. If you are unsure give us a call and we will have a chat and see what we think. Typically though you just don’t know until you give it a try.
10. What training should I do?

As much as you possibly can, anything you can do to get fit for the challenge will help.

It is very much down to the individual though. You should be able to walk at a steady pace, uphill with a light rucksack on for 3 hours, then downhill for 2 hours.

Anyone with an average to good level of fitness and no major medical problems / existing injuries should be able to complete the challenge.

Although any form of training / exercise pre challenge will help it is very difficult to re-create the 3 peaks in a gym or park and the best way to train is to get out walking on days off / weekends.

If possible try and get away with other members of the group. If you can access any of the 3 area in which the challenge takes place (Lochaber in the Scottish Highlands, The Lake District in North West England or Snowdonia in North Wales) then great. If not anywhere with hills / a hill is good. Build it up slowly if you need to and do not try and do too much at once, you do not want to injure yourself. In the weeks before the challenge you should attempt to have a day’s walking which involves climbing 2 hills in a day, with a long break for lunch in between.

Training days spent out actually walking will also allow you to make sure you have all the right kit, that your boots will not give you blisters / squash your toes when walking down hill, and that you know what to take with you.

On the challenge we will spend around 14 hours walking over a 24 hour period. You will have a 5.5 hour break between Ben Nevis and Scafell and a 4 hour break between Scafell and Snowdon.

By the time the challenge comes around you should be able to walk up hill at a steady pace for 30 – 40 minutes at a time without having to stop to catch your breath. If you can only walk for a couple of minutes and then need to stop due to breathlessness then this is a sign that you might not be on for a sub 24 hour time.

11. What if the weather is bad?

This is the chance you must take. In fact the chances are that the weather will not be very good at all, this is usually the case on the mountains. Last year we did not do a single 3 peaks where it did not rain. This is why you must come prepared with the right clothing, and more importantly the right attitude. Weather can have a huge effect on a group’s ability to complete the challenge in 24 hours, if at all, and plays a big part in the challenge. Your attempt could fail due to bad weather.

12. What if we get held up in traffic during the challenge?

This is unlikely as the typical schedule we run to means we travel from Ben Nevis to Scafell Pike between 10pm and 3am. Then from Scafell Pike to Snowdon on Sunday morning between 7 am and 12 noon. We have never yet had a delay in traffic causing a challenge to fail. However we cannot accept any responsibility for such an occurrence.
13. What happens if someone breaks a leg/something serious - how does it work in terms of the team carrying on (or not)? Who stays with the poor person who is injured?!

There are lots of different scenarios but the main points are:
If they are unable to move themselves off the mountain we would call mountain rescue. We would put them into an emergency shelter with some spare clothes if necessary, and a couple of the group to keep them company. We would radio the second member of staff to head up the mountain and would start walking down with the rest of the group, hand them over to the second staff member then head back up to the casualty and wait for mountain rescue. This situation could take 5 hours or more to be resolved so the chances of anyone carrying on and completing the challenge in 24 hours are slim. We have never had such an incident on a 3 peaks challenge and have never had to call out mountain rescue. If there is only a slight delay due to someone spraining their ankle, once they are safely with the second instructor the rest of the group could carry on and still successfully complete the challenge.

A broken leg is extremely unlikely as we will be walking quite slowly. A sprain is more likely although we have not had anyone sprain their ankle so badly that they could not carry on. We have also never had anyone break a leg!
The bottom line is that on the mountain there is no quick fix or magic wand and many different situations can and do present themselves each with a different outcome. If we can carry on we will. If people are injured then we need to get them to safety / medical help. If you still want to carry on after the situation is resolved then we can.

At some point though there would have to be a cut off if you had not completed, we could not carry on indefinitely.

14. Are we insured or do we need to take out our own insurance for this activity?

We carry insured as required by law, this insures us against our negligence. However no cover is extended beyond that legally required and participants should consider personal accident / loss / travel insurance.

15. Do you know if the rules have changed in terms of timing - I heard a rumour of the driving bit not counting so it if is just the walking bit how long do they give us?! Or is this just a rumour...?

You can attempt any way you like and there have always been many variations on the challenge. The way we do it is to attempt in 24 hours non-stop, this is the way most people do it. So the clock starts at the bottom of Ben Nevis and stops at the bottom of Snowdon. Another way is to allow 14 hours for the walking and not count the driving. So the clock would start when you set off on Ben Nevis, stop when you get back to the minibus and then start again when you get to Scafell etc. This way you can take as long as you like to do the driving, even stay overnight between the peaks somewhere. This allows more people to take part as it is not as demanding, but this is not the classic 24 hours challenge. It also discourages people from speeding to make up time. Most of the speeding is from private groups attempting by car, Minibuses are limited to 62mph.
16. What happens if someone is falling behind or if I can’t go on any further or if we will not make it in 24 hours?

If someone was really slow on Ben Nevis they might decide to pull out after that and not attempt Scafell or Snowdon, they could still come along in the bus or we may be able drop them somewhere on route if they prefer, so long as this would not hinder the rest of the groups chances at a successful completion. We always try to ensure that if someone does decide that they will go back down that they make this decision in the first hour of ascent.

Deciding to drop out when you are near the bottom of the mountain is far more sensible than after you are 2 hours up the mountain, and it is much easier and quicker for us to get you down safely and with the least disruption to the rest of the group. Our main priority is making sure everyone is safe and that no one gets lost.

We do not necessarily have to stay together as a group and sometimes the faster people can go on ahead, especially on the way back down. The guide will generally be at the back of the group making sure no one is left behind or injured. However things do depend on the weather and ability of the group. If the weather on Ben Nevis is bad, with blizzards and poor visibility on the summit then we would insist that everyone stays as a group with the guide. On the way back down if we came out of the bad weather, and with the path back to the minibus straightforward (the minibus often visible from two thirds of the way back down) then we would be happy for faster members to head off in front. On Scafell as it is usually dark on the way up so we insist that we stay as a group, as the navigation is not easy.

Snowdon is similar to Ben Nevis in that if the weather is ok we are happy for people to go on ahead with the guide following with the slower people at the back. At all times the guides decision is final.

If you are part of a group then it is up to you as a group to some extent how you want to tackle the challenge. Some people will be slower, some people might not make it at all, some people might be able to complete all 3 peaks but in 25 or 26 hours. If someone in the group is really slow but they could make it in perhaps 27 hours then you would have to decide if you were happy for them to do so. As this would have an effect on the rest of the group, who would have to wait at the minibus for them.

People can stop their stopwatch when they get back to the bus if they are waiting for a slower member, and then start it again when they arrive, keeping a track of their own personal time.

We have surprisingly never had to tell someone that they were too slow and they need to drop out, usually we have to encourage people to carry on as they think they are going too slow and not going to make it when in fact they are doing fine. However if someone was very slow but they wanted to carry on anyway we might have to say no, finishing the challenge in over 24 hours by an hour or 2 is not a problem and completing in 24.5 or even 25 or 26 hours people still feel an enormous sense of achievement, but we would have to draw a line somewhere and could not allow people to go on indefinitely. People do have onward travel plans at the end of the challenge which we need to think about.
17. What happens if the minibus breaks down?

In the event of a mechanical breakdown of your transport vehicle we will endeavour to provide a replacement vehicle in which to continue the challenge. However, if this is not possible we will arrange to transport you to your designated drop off point. The mode of such transport could vary according to the specific circumstances but may include; vehicle rescue service relay or public transport. Vehicle breakdown cover is provided by one of the two leading National companies who can set up and maintain a far better and more extensive service than can possibly be arranged independently. The time taken for them attend a breakdown, effect a roadside repair or recover the vehicle will be out of our hands and we will not be held responsible for the duration of any delay. In such circumstances our staff on site will consult with the group and with our manager but will have the final decision. In the event of a minibus breakdown the recovery services will if possible either

a) Repair the vehicle at the roadside.
b) Provide another minibus.
c) Provide alternative vehicles to be used for a 24 hour period such as taxis or hire vehicles.
d) Transport everyone to the drop off location at the end of the challenge.

If any participants wish to make alternative arrangements, they will be responsible for their own safety and any costs incurred.

If a challenge is cancelled in such circumstances then participants will be offered a future alternative date on which to complete the challenge.

18. Where do we get picked up from at the start of the challenge and dropped off at the end?

Typically we pick up at Glasgow International Airport and Glasgow Central Train Station between 12 and 1 pm. If you are arriving earlier or staying overnight in Glasgow please let us know and we may be able to arrange to collect you a little earlier.

After the challenge we drop off at Chester station. There are lots of variables throughout the challenge but we aim to be in Chester for between 18.30 and 20.30. However it could be later.

19. What is it like on the mini bus?

We typically have 17 seat minibuses so there are always a few spare seats, however space is very limited and you need to be well organised, this can save a lot of time. Quite often people can go just over the 24 hours due to losing time getting ready before and after each mountain. Once the challenge is underway, unless requested, we do not usually stop apart from when we reach the next mountain or for fuel.

On an open event there is a maximum of 11 participants plus a driver and guide at any one time. On private trips we allow you to bring up to 12 people in your group which means even less space.
20. What should I bring with me?

Please ensure that you bring all the required equipment with you; inadequately equipped people may not be able to participate. Your guide will ultimately be responsible for your safety and will have the final say on the day. Any unwillingness to accept this could put the continued participation of the whole group at risk.

Footwear:
Walking boots do not necessarily have to be worn and many people prefer trainers. HOWEVER during much of the year Ben Nevis still has snow cover, all of the mountain routes we use have loose uneven rocky surfaces and it is often wet, all of these factors mean that boots are preferable over anything else for most of the 3 peaks season. On a sunny day in the middle of summer when all the snow has melted you may see our guides wearing rugged outdoor walking trainers. The important thing is that footwear is comfortable and has a suitable sole with sufficient tread. Some people will prefer ankle support from their footwear if they are not used to walking on rocky uneven ground, or have weak ankles. In this case walking boots will again be more suitable - if in doubt wear boots or ask us beforehand. Early in the season Ben Nevis especially can have a huge covering of hard icy snow and we have to issue crampons and ice axes. If your boots are not suitable for use with crampons you may be able to hire some before the challenge in Fort William for use on Ben Nevis. If a winter ascent of Ben Nevis with the use of crampons is likely then we will discuss this with you in the week before the challenge.

Boots often have a rating; B1, B2 or B3. this is to do with their rigidity; B1 are slightly rigid and B3 have no flex at all, and are intended for steep ice climbing. B3 boots are not too comfortable to walk in for long periods and should therefore be avoided. For the 3 peaks it is not necessary to have boots with a specific B rating and most walking boots are suitable. If you already own a pair, the chances are they will be fine. If you want to buy a new pair of boots for the challenge then it’s important to make sure they are well worn in and you are used to walking in them before the actual event. Bring a comfy pair of trainers to wear on the minibus.

Socks:
It is quite important to get this right to avoid blisters. Cotton socks should not be worn. Thick woollen socks are good and sometimes people wear 2 pairs, perhaps a thinner pair and a thicker pair. This does help prevent blisters, though you also need to be careful not to make your boots too tight. Bringing spare socks is a good idea. If your feet get wet you will need a dry pair of socks to wear on the minibus. It’s also nice to start out the next mountain with dry socks, so 2 or 3 pairs of spares are recommended.

Underwear:
Chaffing can be a major problem (usually worse for men!) and has stopped a few people from completing the challenge. Ideally, close fitting (but not tight) synthetic underwear should be worn. Loose cotton boxer shorts are not good when wet.

Trousers and tops:
Avoid cotton, synthetic materials are good and lightweight clothing is better as it dries faster and is easier to walk in when wet. Fleece is fantastic and even one costing £5 will work extremely well. It is best to wear layers on your top half- Usually a synthetic t shirt, a fleece and then a waterproof layer if it is raining or windy. You should have a spare layer in your bag; this should be quite warm as it can get cold on the summits. Often Ben Nevis still has snow in July!

Waterproofs:
You must bring a (properly) waterproof jacket and trousers which will also act as wind proofs. Lightweight waterproofs are better as they do not become waterlogged, dry faster and take up less space in your bag.
**Rucksack:**
This does not need to be too big. Up to 45 litres will be fine but you should get away with a 25 litre sack. All you need to carry is 1 litre of water max, some snacks such as nuts and chocolate, spare warm layer, waterproofs, good quality head torch, WARM hat and gloves. Put everything inside your rucksack in a plastic bag such as a thick heavy duty bin liner and this will keep things dry.

**Spare clothes:**
It is a good idea to bring a bag of spare clothes. Definitely a full spare set of comfy clothes for on the minibus and a spare set for each mountain in case it is a wet weekend.

**Food:** Please see above.

**Water:**
Keeping hydrated is very important however water is very heavy so you do not want to carry too much on the mountain. It is whilst travelling on the minibus that you should try to rehydrate as much as possible. We recommend around 1.5 litres be taken on the hill. You should have at least 6 litres on the minibus to use for hydrating between the peaks and to re fill your water bottle for the next mountain. Try and drink 5-600ml of water in the hour before you reach each mountain in the minibus and another 5-600ml in the hour after you get down. Juice or electrolyte powders can also be added to water.

**A few extras could include:**
A pillow for the minibus.
Walking poles -may be useful. They can especially help with tired knees on descent.
Painkillers.
Deep heat / ibuprofen cream.
Music - Some people find that putting their MP3 on can get them through a tough period on the challenge.
Wet wipes.
Spare clothes for the next mountain in case you get wet, spare clothes to wear on the minibus including socks, underwear and shoes.
Sun cream and sunglasses if appropriate.

**Environment:**
We operate a “leave no trace” policy.
We always follow the footpaths and we ask that you do not walk off the footpath or attempt to take any short cuts on the mountain.
No litter must be left. This includes banana skins and apple cores and cigarette ends. All litter must be taken back to the minibus. We will stop for toilet breaks before the challenge starts and again on the motorway if required and there are toilets at the foot of Scafell and Snowdon. You should not need to go on the mountain. If you do then the same “leave no trace policy” applies and we will provide poo bags.

**Safety:**
For your safety and that of the rest of the group you must follow instructions and advice given to you by your guide. If you do not then you may put at risk the safety and or continued participation of yourself and or the entire group.