

	Event
	YOMP

Equipment	Check
Waterproof Jacket	
Walking Trousers	
Hiking Boots or Cross Country Shoese	
Gloves (insert types)	
Walking Socks (You will need to change several times during the YOMP)	
Headlamp with Batteries	
Shirt or long sleeve shirt (wicking)	
Long Sleeve Pull Over	
Running Shorts	
Athletic hat (Watch cap)	
Day pack for carrying water and spare kit during YOMP	
Water bottle	
Insect Repellent	
Sunscreen	
Any medication you might need	
Energy Bars (will be provided in Scotland)	
Walking sticks (essential)	
Spare prosthetic items	
Energy drinks (will be provided in Scotland)	