



ALPINE CHALLENGE HIKING KIT & EQUIPMENT LIST

2025



CLOTHING & FOOTWEAR

CLOTHING

- BASE LAYERS – MERINO WOOL / DRI-FIT (e.g. ICEBREAKER ® OR EQUIVALENT)
- SHORTS & HIKING TROUSERS / LEGGINGS
- MICRO FLEECE / OTHER INSULATING LAYER
- WATERPROOF JACKET (GORETEX ®)
- LIGHT SOFT SHELL JACKET / WINDSTOPPER ® LAYER (OPTIONAL)
- WATERPROOF TROUSERS (GORETEX ®)
- SUN HAT, WARM HAT & BUFF
- LIGHTWEIGHT WARM GLOVES
- COMFY CLOTHES FOR TRAVEL / ACCOMMODATION IN THE VALLEY

FOOTWEAR

- HIKING SOCKS (e.g. SMARTWOOL ®)
- HIKING BOOTS WITH ANKLE SUPPORT (IDEALLY GORETEX ®)
- COMFY SHOES FOR TRAVEL / ACCOMMODATION IN THE VALLEY





EQUIPMENT & ADDITIONAL ITEMS

EQUIPMENT

- RUCKSACK (~25-30 LITRE)
- RUCKSACK WATERPROOF COVER / WATERPROOF LINER BAG(S)
- WATER BOTTLE(S): 1.5-2 LITRES IN TOTAL (e.g. NALGENE ®)
- THERMOS ® (OPTIONAL – IN ADDITION TO WATER BOTTLE)
- HIKING / TREKKING POLES (FOLDABLE / EXTENDABLE)
- SUNGLASSES (IDEALLY WRAP-AROUND)

ADDITIONAL ITEMS

- SUNCREAM & LIPSALVE (UVF 30+)
- BLISTER PADS – e.g. SECOND SKIN / COMPEED ®
- WASH KIT
- SWIMMING COSTUME (FOR THE HOT-TUB, WHERE APPLICABLE)
- SNACKS FOR THE TRAILS (e.g. NUTS / DRIED FRUIT / ENERGY BARS, ETC.)
- EUROS(€) - FOR ADDITIONAL SNACKS / DRINKS IF NEEDED



KIT PARTNERS & EQUIPMENT HIRE



If you would like to hire kit to prevent you having to spend money on a new item and to help us promote a circular economy of **re-use, repair, re-purpose and recycle**, please ask us about the items that you may need. We work with our partner the **Re-Action Collective** to supply high quality, used kit and equipment for our events with the small fee going back into environmental projects. **Click on the RE-ACTION logo below to find out more...**

CLOTHING (e.g., waterproofs, shells & mid-layers) = **10€ per day**
BACKPACKS = **5€ per day**

If you would like to buy new, please contact us about our kit suppliers and partners, including **Asolo footwear** who offer a **30% discount online** for CHX Challenge participants. Just apply the code **ASOLO2025** at the checkout.



PLEASE CONTACT ROBBIE or NIC CLARKE (CHX TECHNICAL ADVISER)
WITH ANY QUESTIONS THAT YOU MAY HAVE REGARDING THE KIT & EQUIPMENT REQUIREMENTS

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