

# THREE PEAKS — KIT CHECKLIST

Monday 24 August 2026 · pack against this the night before · ★ = essential, don't leave without

## WORN / ON THE BODY

- ☐ Light base-layer top + trousers
- ☐ Boots + hiking socks — *broken in, not new*
- ☐ The North Face Thermoball (insulation layer)
- ☐ Hat + light gloves
- ☐ Buff / neck cover
- ☐ Head torch — *on from the car at the 03:30 Ben Nevis start*

## DAY BAG — carried on every climb

- ☐ Waterproof outer shell (jacket)
- ☐ ★ Waterproof over-trousers — *assume rain on at least one summit*
- ☐ ★ Spare head torch OR spare batteries — *Ben Nevis + all of Snowdon are in the dark*
- ☐ ★ Phone with offline GPS tracks (all 3 peaks) + compass & bearings card — *GPS primary, compass is the no-battery fallback — full setup in the Navigation section below*
- ☐ ★ Power bank + charging cable — *phone must last 24 hrs for timing, GPS & pickup calls*
- ☐ Small first aid kit — *blister plasters (Compeed) above all, painkillers, tape*
- ☐ ★ Emergency shelter / bivvy bag — *turns a stuck-on-a-cold-summit injury from emergency to inconvenience*
- ☐ Whistle — *distress signal if hurt & out of signal*
- ☐ Water (1.5 L per peak) — *refill from the car bottles before each climb*
- ☐ Trail snacks — *trail mix, protein bar, fast sugars — picked up locally beforehand*
- ☐ Phone in waterproof case / ziplock
- ☐ Sunscreen + sunglasses — *possible hot, sunny spell this year*
- ☐ Spare dry base layer — *kept in the bag — dry top prevents a chill on the next leg*

## RECOMMENDED

- ☐ Trekking poles — *save knees/quads on the heavy Ben Nevis & Scafell descents at 100 kg*
- ☐ Gaiters — *if ground is wet — likely around Wasdale*
- ☐ Cash + cards
- ☐ Drone — *luxury weight — check National Park rules (esp. Eryri/Snowdonia needs permission); first thing to skip if behind schedule*

## LEFT IN THE CAR (with the drivers)

- ☐ Six 2-litre water bottles (12 L) + electrolyte tablets
- ☐ Hot food ready after Ben Nevis & Scafell — *burgers ideal; sandwiches/wraps too*
- ☐ Cold food + snacks — *sandwiches, wraps, protein bars, low-fat flapjack, chocolate, salted snacks*
- ☐ Thermos of coffee — *prepared the night before, for the drive to Ben Nevis*
- ☐ Spare warm layer + spare dry socks
- ☐ Full change of clothes for the finish
- ☐ Phone chargers / spare power bank for the car
- ☐ Blister kit / spare first aid

## NAVIGATION SETUP — do at home on wifi, the night before

- ☐ ★ Install OS Maps app (or Outdooractive)
- ☐ ★ Download OFFLINE map tiles for all 3 areas — *Fort William/Ben Nevis, Wasdale/Scafell, Llanberis/Snowdon — not just the routes*
- ☐ ★ Load the route TRACK for all 3 peaks — *the actual path as a breadcrumb line — NOT a 'navigate back to start' pin*

- ☐ ★ Test all 3 in AIRPLANE MODE before leaving home — *confirms the offline maps actually render with no signal*
- ☐ Same tracks loaded on a 2nd device / Garmin if you have one — *phone is a single point of failure in cold/wet*
- ☐ Charge phone + power bank + backup device to full
- ☐ ★ Basic compass + descent bearings written on a waterproof card — *the no-battery fallback — see box below*

#### ★ BEN NEVIS SUMMIT DESCENT (if in cloud / electronics fail)

**Leg 1:** from the trig point, **231° grid** (+ 2026 variation) for 150 m ≈ ~90–95 double paces (CALIBRATE YOUR OWN FIRST). Gardyloo Gully drop on your right.

**Leg 2:** then turn to **282° grid** (+ variation) until the zig-zag path is obvious. Steeper at ~300 m (McLean's Steep).

**Drift alarm:** steep ground dropping to W / SW / S after ~800 m on leg 2 = you've strayed into Five Finger Gully. STOP and reassess.

**Confirm before the day:** (1) exact 2026 magnetic variation for Ben Nevis, added to both bearings; (2) your own double-pace count for 150 m, measured on flat ground. GPS apps that route a straight line 'home' cross the cliffs — follow the loaded track, not a direct line.

---

*Trim order if cutting weight: the drone goes first, then gaiters, then spare dry base layer. The ★ items — including the full navigation setup — stay no matter what.*