

## **THE LONDON BRIDGES CHALLENGE - PACKING LIST**

### **To wear**

1. Comfortable shoes/walking boots/trainers
2. Good socks
3. Comfortable kit
4. Waterproof jacket (if required)
5. Summer accessories - sunscreen, sunglasses
6. Winter accessories - hat, gloves, scarf, extra layer
7. Backpack

### **To pack**

8. Water bottle
9. Snacks
10. Tissues
11. Painkiller (if you think you'll need them)
12. London Bridges Challenge - Bridge List (in plastic pouch or laminated)
13. Foot care - Compeed, talc, whatever you use to take care of your feet
14. Money & Oyster card
15. Camera & spares (if required)
16. Battery pack & charging wires (if required)
17. GPS device (if not using phone)