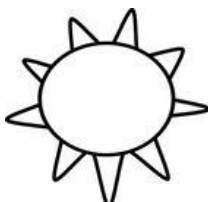



Normandy Beaches Trek Kit List

Taking the right equipment for your challenge is very important so just get in touch with any questions – we'll be happy to talk you through it. The following recommendations include clothing for all weathers you may encounter; you may not end up needing all of it, but being prepared is vital.

<p>Weather Conditions</p> <p>The weather can be unpredictable and you should be prepared for all conditions. You need good quality kit to keep you warm / cool as appropriate, and dry.</p> <p>The climate of Northern France is similar to that of Southern England. While there is a good chance of it being warm and sunny in summer months, there are no guarantees! Some rain is likely and there may be strong winds in flatter areas. Days can be very changeable.</p>	 <p>Average min/max Temp 8 – 19°C</p>	 <p>Average Rainfall 58 – 74mm</p>
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ON TREK

✓	ESSENTIAL Trekking Kit & Clothing	<i>We can't stress enough that you have good quality clothing – it can have a huge impact on how much you enjoy the trek, and whether you are able to complete your challenge. Remember that you will be trekking for full days, whatever the weather. Test your kit out in all weather conditions during training, so you have full confidence in it.</i>
	Walking boots	With firm ankle support for uneven ground. Must be well worn in so they are comfortable; ensure the sole pattern provides plenty of grip and is not too worn. Ensure they are waterproofed. Well worn-in boots are irreplaceable so wear during travel in the (rare) case your luggage is misplaced
	Walking socks	Enough for dry (not necessarily clean!) socks each morning; damp socks can cause blisters. Ensure they wick well, and are the right fit for your boots. Liner socks can make a difference – ensure you have tried out different combinations of socks while training, so you have the perfect fit in time
	Wicking base layers	T-shirts or tops made from wicking material are essential in regulating your body temperature; avoid cotton as it absorbs sweat and will make you cold
	Insulating mid-layer	Warm long-sleeved layer (eg light fleece). Thinner layers trap warmth and are more effective and versatile than wearing one thick top
	Fleece / thick jumper	For cooler conditions, especially early mornings
	Waterproof windproof jacket	Good quality (eg gore-tex) essential. Material should be breathable and seam-sealed. Thin outer top layers are best for summer, combined with a fleece layer if required. It must keep you dry in heavy rain, not just showers – test it while training
	Waterproof over-trousers	Lightweight so you don't get too hot. Recommended on chilly rainy days (you may find wet legs preferable if it's just a light shower on a warm day). Protects your socks from rain, which helps prevent blisters
	Wide-brimmed hat / cap	For sun protection
	Trek trousers / shorts	Bring two pairs; zip-off trekking trousers add versatility
	Small day-sack	To carry camera, spare layers, fleece, waterproofs, first aid kit, sun cream, snacks and anything else you need for the day. At least 25-30 litre capacity, adjustable shoulder-straps and hip belt essential. Most have compartments for hydration bladders (below)
	Water bottle(s) / hydration bladder	Should be able to carry min 2 litres. A bladder (eg platypus) allows you to drink easily and regularly without stopping and is highly recommended – ensure a compatible fit with your day-pack
	Sunglasses	Well-fitting; wraparound style useful

	Liquid handwash (waterless)	Small bottle for easy hygienic hand-washing before lunch / snacks – this prevents any bugs spreading around the group
	Toilet paper / wet wipes + plastic bags	There won't always be toilets where you need them! Bags for disposal en-route; fragranced nappy bags are best
	Whistle	For safety reasons if you become separated
	Snacks (eg cereal bars / dextrose tablets/ dried fruit packs / jelly babies)	Extra sources of energy are highly recommended if you are having a tough day, or have special dietary requirements and need a source of extra energy, or if you just need your personal favourites to motivate you! Don't weigh your bag down too much though – can be bought in Ypres

✓	OPTIONAL Trekking Kit & Clothing	<i>Use your training walks to experiment with your kit. You may not feel you need all the suggestions below, but they can make your trek much more enjoyable or convenient.</i>
	Trekking poles	Useful on steep and uneven ground especially if you are tired or unsteady. Reduces the impact on your knees considerably. Use them when training to get used to them
	Waterproof rucksack cover	Keeps your day-sack and its contents dry; alternatively line with plastic bags
	Thick fleece / thermal jacket	For the higher points, if you feel the cold
	Talcum powder / vaseline	Can help with blister prevention - experiment at home while training
	Muscle rub	e.g. deep heat, radian B
	Alarm clock	We generally start early! Many phones have an alarm, but be aware of battery life and ease of recharging (see above)
	Set of clean clothes	For celebration evening
	Money belt	Optional; safe way to carry cash and valuables

NON-TREKKING

✓	General Clothing & Equipment	
	Light trousers / skirt Spare short-sleeved top Spare long-sleeved top Underwear & socks Trainers / spare footwear	General clothing for when you're not trekking or for spares: ensure you have enough for evenings, sight-seeing and travelling home, but don't over-pack!
	Nightwear	T-shirt / jogging bottoms can also be used as spares if required
	Wash kit (eg toothbrush, etc)	Wet wipes can be handy, and ear-plugs if you're a light sleeper
	Towel	Lightweight to minimise space
	Warm hat & gloves	For chilly conditions
	Camera / phone	Be aware of how quickly your battery runs down if using camera on phone
	Chargers / adaptors / spare batteries	For phone, camera etc
	Book / travel games / cards	Useful for evenings
	Kitbag / holdall for main luggage	Stays at hotel; you will not be able to access it during the day. Soft-sided luggage is essential due to space available – no hard-sided cases please

✓	Small Personal First Aid Kit	<i>Should be carried in your day-pack each day; everyone is different so judge what to trek with and what can be left in your main luggage</i>
	Regular medication	Anything you take regularly or while exercising
	Sun block / sun cream	Minimum SPF 30
	SPF lip balm After sun / moisturiser	Exposure to the elements can make skin dry
	Painkillers	e.g. ibuprofen, paracetamol
	Insect repellent	
	Anti-histamines	For allergies / insect stings
	Plasters and blister dressing	Zinc oxide tape and dressings recommended for covering hot spots and blisters – compeed works well at end of trip, but not recommended when days of trekking still remain
	Rehydration sachets	e.g. dioralyte
	Diarrhoea tablets	e.g. imodium

✓	Important Documents & Money	<i>We recommend you have digital copies stored in a safe place you can access if required</i>
	Passport + photocopy	10-year essential (for adults); valid for duration of stay
	Money	Euros available from UK – see Factsheet for more detail
	Eurostar Tickets	To be collected from your tour leader / DA representative at station
	Credit Card	Always carry a credit card in case of emergencies
	Travel Insurance Documentation	Advisable to leave a copy with your next of kin too
	EHIC	Entitles you to free/reduced medical treatment; NOT a replacement for full travel insurance
	Immunisations Record	Useful if you need a record/proof of your vaccinations (see Factsheet)

Note on Luggage:

- Space is limited in the vehicles, so please ensure everything fits in one soft-sided bag (NOT a hard-sided suitcase), with an additional day-sack for the journey / when trekking
- If you do not have a suitable soft-sided bag for your main luggage, see the [Discover Adventure kitbag](#) which is designed for this kind of trip
- If you are taking trekking poles, try to pack them in your main bag – dismantling them will make them smaller. If they don't fit, secure them well and label them separately in case they become detached.
- As a general rule, avoid travelling with anything valuable or irreplaceable