**Brecon Beacons – Pen y Fan Horseshoe Challenge**

Personal Kit List

* Waterproof jacket and trousers
* Comfortable walking boots or hiking shoes
* At least 1l water
* Food for the day
* Warm clothes including a hat and gloves
* Comfortable backpack
* Personal first aid kit – useful to have things like blister plasters
* Any personal medications you require – don’t forget things like inhalers and EpiPens if required, sun cream and sunglasses if required
* Torch/head torch
* Walking poles (optional)