ARUK Explorer

hike kit list

Ahead of your ARUK Explorer hike on 3 May, we’ve compiled a list of things you may need on the day to ensure your day is as enjoyable and comfortable as possible. As the weather is ever-changing, make sure you check the forecast in the days leading up to the event.

Recommended kit

- Overview map of the route (this will be issued at registration).
- Waterproof hiking boots – water-repellent and fully broken in (you don’t want to be getting blisters!)
- Waterproof rucksack or rucksack with waterproof cover/bin liners inside.
- Waterproof jacket with hood (lightweight recommended).
- Waterproof over-trousers.
- Trekking poles.
- Light trekking trousers and/or shorts.
- Micro fleece top.
- Breathable trekking shirt or base-layer.
- 2 pairs of pre-worn walking socks.
- Suncream.
- Sunhat.
- Sunglasses.
- Mobile phone fully charged (with a portable charger if you have one).
- Water bottle (Camelback, Platypus or water bottle). Make sure you carry enough water bottles for the weather. If it’s hot, bring more than usual (you will be able to fill them up at every support point).
- Snacks to keep you going (e.g. cereal bars, chocolate, fruit and nuts, sweets).
- Spare set of (*warm*) clothes in your car to change into after the hike.
Personal first aid kit

- Any regular medication you take.
- Assorted plasters and/or tape (and scissors to cut).
- Vaseline (or similar, for chafing).
- Blister plasters (at least 4-6 large).
- Alcohol hand gel (for clean hands as well as cleaning any small wounds).
- Antihistamine tablets / eye drops (if you are susceptible to hay fever).
- Pain killers – this hike could hurt! Routine use of painkillers for muscle aches and pains is discouraged but, if required because of an injury, the user should follow the dosing instructions, as you would at home, never exceeding the maximum dose.

Travel information

**Arriving:**

Where possible we recommend using public transport. The 1 or 11 bus will take you to Jesus Green. Alternatively, information on the Cambridge park and ride scheme is available here: cambridgeparkandride.info

The nearest train station is Cambridge a 25 minute walk away. Parking a 10 minute walk from Jesus Green is available here: cambridge.gov.uk/park-street-car-park

If you do drive why not carpool if possible to help cut down our carbon footprint. Add a message to our Facebook group to find someone to share with.

**Parking and Registration will be based at:**

*Jesus Green, Cambridge, CB4 3BD*

Arrival and registration time is between 06:00 and 06:30

**End of the day:**

Although this day will be filled with many enjoyable experiences, it will also be a long and tiring day. After the walk, you will need to be aware of general fatigue. Please make sure you are well rested before driving and try to avoid driving long distances that evening if possible.
Accommodation

There are plenty of accommodation options within 30 minutes of Jesus Green, why not make a weekend of it?

Some options include:

Hotels:
e.g. The Tamburlaine Hotel, The Royal Cambridge Hotel, Hotel Ibis Cambridge, Travelodge Cambridge Central

Guest Houses:
e.g. Cambridge Country Cottages

B&Bs:
e.g. The Holly Tree, The Castle B&B, The White Hart country inn

Youth Hostels:
e.g. YHA Cambridge

Caravan/campsites:
e.g. Cambridge Cherry Hinton Caravan and motorhome club site. Cambridge Camping and Caravanning club site, Glayton Farm

Make sure you arrange your accommodation in advance to avoid any disappointment.

Please get in touch with us at sportingevents@alzheimersresearchuk.org if you have any questions.