**ALCATRAZ**

**RECOMMENDED PERSONAL EQUIPMENT**

All leaders are asked to brief their competitors with the following list and preferably make parents aware.

**Expect** bad weather, even in July - prepare for the worst - accept good weather as a bonus.

**Items HIGHLIGHTED are essential,** the rest are additionally recommended.

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| ***ITEM*** | ***Additional comments:-*** |
| ***PROTECTION ZONE*** | |
| **WATER/WINDPROOF JACKET** Preferably with hood. | **Team leaders should ensure that their team puts them on (and zipped up!)** before the rest of their clothing gets wet. |
| **WATER/WINDPROOF OVERTROUSERS** | This completes the outer (shell) protection. |
| **WALKING BOOTS** | **MUST** provide ankle support over rough country. Fabric boots should be spray proofed. Cross-trainers/Trail Shoes are not allowed |
| Gaiters | Useful for keeping water, mud and other rubbish from out of boots. |
| **SUN HAT, WARM HAT & GLOVES.** | 50% of core body heat is lost through the head. |

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| ***INSULATION ZONE*** | |
| Insulated Jacket, Sometimes combined with a waterproof shell | But **most ARE NOT** waterproof and a separate waterproof jacket must be taken. |
| **THICK WARM PULLOVER OR SIMILAR** (e.g. fleece top) | Carry in rucksack if too hot! |
| Warm Shirt or Sweatshirt Preferably not cotton. | This provides a further layer of insulation. |
| Trousers **NOT JEANS.** | Trousers should preferably of a wool mixture or  one of the modern hi-tec insulating fabrics (e.g. pile, fleece, etc). |

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| ***COMFORT ZONE*** | |
| Walking Socks One or two pairs of thick comfortable socks. | Loop pile is recommended. (If they get wet, take them off, wring out all surplus moisture, put them back on again!) |
| Thermal Long Sleeve Polo Neck Shirt best to protect throat. | Polyester to wick away sweat, quick drying and breathable |
| Thermal Long Pants (Long Johns) | Polyester to wick away sweat, quick drying and breathable (Mums (or Dads!) tights or leggings are a good substitute - seriously!). |

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| ***ADDITIONAL*** |  |
| **RUCSACK** | No rucksack is waterproof - line it with a plastic bin liner. |
| **FOOD (Teams MUST be self sufficient for the event)** | warm drink (1 Litre per team) if not carried as team gear |
| **TORCH** | **SPARE BATTERIES** & bulb |

**ESSENTIAL TEAM EQUIPMENT**

**Each Team MUST have the following:-**

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| **MAP** | Map number will be released 8 days before the event. In map case. |
| **COMPASS** | Silva Type. |
| **SLEEPING BAG** | In waterproof polybag. |
| **SURVIVAL BAG** | 1000 gauge orange polythene bivvy bag |
| **FIRST AID KIT/SUN CREAM** | Minimum of plasters, gauze, adhesive tape. |
| **PAPER, PENCIL, WHISTLE & MOBILE PHONE** | Mobile Phone for emergency purposes only |
| **MEANS OF MAKING A HOT DRINK (1 Litre)** | Unless carried by individual team members |

***It is the team leader’s responsibility to ensure that the weight of each team member’s rucksack is not too much for them to carry........remember, it is a long way!***