

KIT LIST

All leaders are asked to brief their competitors with the following list and preferably make parents aware. **Expect** bad weather in February - prepare for the worst - accept good weather as a bonus.

Team members without all essential kit **will not be allowed to compete**: this is part of our risk assessment.

ANKLE SUPPORT BOOTS ARE ESSENTIAL AND ONE AREA THAT CAN CAUSE DIFFICULTIES AT KIT CHECK – PLEASE ENSURE YOU HAVE ANKLE SUPPORT OTHERWISE YOU WILL NOT BE ABLE TO TAKE PART.

PROTECTION ZONE

ESSENTIAL ITEMS	
WATERPROOF JACKET	Preferably with hood. Team leaders should ensure that their team puts them on before the rest of their clothing gets wet
WATERPROOF OVERTROUSERS	This completes the outer (shell) protection
WALKING BOOTS	Must have ANKLE SUPPORT . Fabric boots must be waterproof
HAT & GLOVES	Other warm headgear is acceptable
RECOMMENDED	
Gaiters	Useful for keeping water and mud out of boots

INSULATION ZONE

ESSENTIAL ITEMS	
WARM JACKET	If not waterproof then a separate waterproof jacket MUST be taken
THICK WARM PULLOVER OR SIMILAR	I.e. Fleece top. May be carried rather than worn all the time
WARM T-SHIRT/SHIRT	Preferably not cotton. This provides a further layer of insulation.
TROUSERS	NOT JEANS. Preferably wool mixture or hi-tec insulating fabric

COMFORT ZONE

ESSENTIAL ITEMS	
WALKING SOCKS	One or two pairs of thick comfortable socks. Loop pile is preferable.
RECOMMENDED	
Thermal Long Sleeve Shirt	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!).

ADDITIONAL

ESSENTIAL ITEMS	
RUCSACK	No rucksack is waterproof - line it with a plastic bin liner
FOOD AND DRINK	Teams MUST be self-sufficient. Enough food and drink for a full day.
TORCH	Including spare batteries or spare torch

ESSENTIAL TEAM EQUIPMENT

MAP	Map number will be released 8 days before the event. In map case.
COMPASS	Silva Type
SLEEPING BAG	In waterproof bag
SURVIVAL BAG	1000 gauge orange polythene bivvy bag
FIRST AID KIT	Group size first aid kit suitable for multiple and/or serious injuries
PAPER, PENCIL, WHISTLE & PHONE	Mobile Phone for emergency purposes only (Fully Charged or with Battery pack)
MEANS OF MAKING A HOT DRINK	At least 1 Litre per Team of hot water unless a stove is carried

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!