



Compulsory Night Exercise Personal Kit (to be carried / worn by every team member)

- 1) Waterproof Jacket and Waterproof Trousers
 - 2) Walking boots
 - No trainers or Wellington boots
- Must have rubber soles, adequate ankle support and recognisable tread.
- 3) Warm clothing and Walking trousers (or similar)
 - Trousers must be full leg, covering waist to ankle.
 - Pure cotton trousers / clothing is banned. No jeans of any description.
 - Poly-cotton mix should be max. 35% cotton
 - 4) Warm headgear
 - 5) Gloves (not leather)
 - 6) Torch with spare batteries / bulb
 - 7) Drink - minimum 1 litre
 - 8) Emergency rations .g. dried fruit, nuts, chocolate or similar.
 - Must not be eaten except in emergency. This may be checked at the finish.
 - 9) Rucksack (minimum 25 litre) with a waterproof rucksack liner
 - Bin liners are not adequate and must not be used.
 - 10) Fluorescent vests with reflective strip
 - To be worn by all the members of the team (including the adult in training teams)
Fluorescent Tabs / Strips WILL NOT suffice.

Compulsory Night Exercise Team Kit (to be carried between the team)

- 11) 1x Survival Bag (or bivi bags)
- 12) 2x Map reading compasses (with a romar)
- 13) 2x Sealable A4 clear plastic bags or map cases
- 14) Comprehensive First Aid Kit
 - Must include triangular bandage, 2 x Medium wound dressings and a selection of plasters
 - All items must be in date
- 15) Notebook/Paper, Pen/Pencil, China graph Pencil (or fine tipped permanent marker)
- 16) 2x Watches
- 17) A Complete change of clothes must be carried in case of emergency
- 18) 1 x Stove, pan, fuel, matches
- 19) Enough liquid to make a hot drink for each member of the team (minimum 2 Litres - not inclusive of personal drink)
 - We recommend carrying it in unbreakable flasks - this will keep it warm making it easier to reheat.
- 20) Ingredients to provide a hot drink e.g. Cup a soup / drinking chocolate sachets / coffee / tea bags
- 21) Maps
 - There is no need to buy maps, they will be provided at the start.
- 22) 2x Mobile Phones, 5 x 20p piece
 - The numbers of these mobile phones are to be supplied on the Team Summary Sheet.
 - Phones are for emergencies only and must be carried in a sealed plastic bag. Points will be deducted for any team seen using a mobile phone other than in an emergency.

ALL GPS's ARE BANNED.

IT IS RECOMMENDED TO CARRY SPARE CLOTHING, BUT IF YOU DO IT MUST BE OF CHILTERN CHALLENGE SPECIFICATION. (I.E. NO WOOLLEN JUMPERS, COTTON SWEAT SHIRTS, ETC.)



Personal Base Camp Kit List

- 1) Top Half Uniform
- 2) 2 X Activity wear
 - old clothes for day bases / assault course – you will get wet and muddy
- 3) Trainers (for base camp only)
- 4) Sleeping bag (minimum two season)
- 5) Roll mat or similar (No airbeds)
- 6) Packed Lunch for Saturday
- 9) Spare set of Clothes

Team Base Camp Kit List

- 10) Tent accommodation for team members.
 - Must be pitchable in 6m x 6m area with room for food preparation area.
 - We do strongly recommend AGAINST the use of 'Patrol' Tents for this purpose
- 11) Tent accommodation for Supporters and Adult walkers
- 12) Pegs / mallet etc.