

# Winter Survival Equipment List

Please arrive at the start ready to go and prepared to have your equipment checked. Have the numbers of the mobiles to be carried to hand to save time on checking in. Uniform is not required for this event.

## COMPULSORY INDIVIDUAL EQUIPMENT

- Walking boots with ankle support (no trainers, walking shoes or wellington boots)
- Waterproof jacket with hood
- Waterproof trousers
- Warm hat and gloves
- Food of a substantial nature
- Hi-Vis reflective waistcoat – preferably with sleeves
- 1 Reflective square to be attached to the back of rucksack (supplied at the start)
- Survival Bag (Heavy gauge orange polythene type only. Foil or 'thermal' type not permitted)
- Emergency foil blanket
- Whistle
- Water container
- Torch with spare batteries
- Small flashing red LED light for attaching to rear of rucksack
- Cup or mug for hot drinks (reusable and non-breakable)

## COMPULSORY TEAM EQUIPMENT (To be carried throughout the event)

- 1 x Map (supplied at the start)
- 1 x Map case
- 2 x Silva type baseplate compasses
- 2 x Notepads
- 2 x Pencils
- 1 x First Aid Kit, this must include, as a minimum, a triangular bandage, a crepe bandage (at least 7.5cm x 2m), a sterile wound dressing and plasters.
- Stove, matches and fuel (with sufficient fuel remaining to be able to make a hot drink each at the finish)
- Cooking pot

## COMPULSORY INDIVIDUAL EQUIPMENT TO BE LEFT AT CONTROL CENTRE (To be packed in a black plastic sack, clearly labelled with your name and team ID)

- Sleeping bag
- Change of clothes
- Pair of trainers + clean socks

## OPTIONAL (RECOMMENDED) EQUIPMENT

- Small knife (folding, non locking blade, no longer than 3 inches - note that Opinel and most Leatherman knives have a locking mechanism and are therefore not permitted)
- Toilet paper
- Spare warm clothing
- Up to 2 Mobile phones per team - these will be sealed in separate packages at the start of the event and are only to be used in the case of an emergency)..

## THE FOLLOWING ARE NOT PERMITTED DURING THE EVENT AND IF FOUND COULD LEAD TO NOT BEING ALLOWED TO START OR DISQUALIFICATION

- Denim clothing
- Shoes, training shoes, walking shoes or wellington boots
- Any GPS capable device which can be used by a team to identify their location
- Communication devices such as radios
- Drugs including alcohol, caffeine based products (such as Pro-Plus and Red Bull), and over the counter medicines (including painkillers and anti-inflammatories) are strictly prohibited. Exceptions are medicines noted on your health form, tea and coffee.
- Tents and sleeping bags (except the one left at the start)

The Survival Committee cannot accept responsibility for loss or damage to personal equipment during the event. Participants are reminded that in previous years, teams have been forced to withdraw because they did not have the correct equipment. The compulsory kit list is there for good reason and is not up for debate.