

Marathon Challenge – Kit List

NO TEAM WILL LEAVE WITHOUT A KIT CHECK

**INDIVIDUALS WITHOUT APPROPRIATE KIT WILL NOT BE ALLOWED TO TAKE
PART**

PLEASE NOTE THE KIT LIST GOES OVER TWO PAGES

Each TEAM must carry:

1. Silva-type compass.
2. O.S. Explorer maps 194 and 195; or O.S. Landranger map 154 and 167; or a suitable OS printout of a minimum 8km radius of 480 324 (Clavering). We can provide map printouts at HQ, but only if you have previously indicated this on the entry form.
3. Waterproof map case (if maps are not waterproof, particularly if using printouts).
4. At least 2 watches.
5. At least 2 Basic First Aid kits containing equipment the group know how to use (there will be more substantial first aid kits at each of the manned checkpoints and HQ).
6. Survival bag.
7. Charged and credited mobile phone with the CUSAGC telephone number (07939 510585) to contact HQ in case of emergency. The number for this phone must be given to HQ event staff to be used to contact teams as necessary throughout the day.
8. At least 2 bin bags and some means of labelling them (masking tape with team name on etc) for muddy boots when you return to HQ.

Each INDIVIDUAL will need:

1. Rucksack – with a waterproof liner e.g. a strong refuse sack
2. Food, including a packed lunch and snacks – sufficient for 9 hours of walking
3. Full water bottle – at least 1 litre
4. Unbreakable mug, knife, fork and spoon
5. Container or bowl for eating your evening meal from. We recommend using your packed lunch box. Please note that washing up facilities might be limited, so we suggest bringing a plastic bag for taking dirty items home.
6. Emergency rations e.g. Mars Bars for use in an emergency only and not included in lunch or snacks.
7. Troop/Unit necker if applicable – no other uniform is required
8. Walking boots – ankle support is needed (be aware that the route could be muddy)
9. Appropriate socks
10. Sensible trousers for walking in e.g. tracksuit bottoms (NOT JEANS!)
11. Warm clothing
12. Hat and Gloves

13. Waterproof Jacket (waterproof trousers advised)
14. Whistle
15. Notepad and a pen/pencil
16. Torch and spare batteries
17. Reflective clothing e.g. fluorescent vest, arm/ankle bands etc.
18. A COMPLETED MEDICAL FORM (must be handed in at HQ before setting off on the hike if not sent in advance)