

# Endurance80|40 2017 – Kit list

Please note all kit will be checked at the start before you begin to walk. The organisers will have the right, if they deem it necessary, to empty your bag to see what you have got.

## Individual equipment

- Rucksack
- Reflective High Visibility Jacket and / or reflective tapes.
  - THESE MUST BE WORN AND VISIBLE **FRONT AND BACK** AT ALL TIMES.  
Rucksacks must have reflective material or lights.
- Boots or shoes designed for walking
- Warm clothes, including a fleece or insulated jacket, long trousers (not jeans)
- Spare warm layer for the body
- Spare socks
- Waterproof jacket with hood
- Waterproof trousers
- Warm hat and Gloves
- Water
- Food for 24 hours
- Personal first aid kit with blister equipment
- Torch with spare batteries
- **Medical form (for registration)**

## Team equipment

**MUST be redistributed amongst remaining team members if a walker retires**

- Survival bag: 2 per team
- Whistle: 2 per team
- First aid kit
- Maps: 2 per team
  - OS Landranger map (pink coloured) sheet 165 (Aylesbury and Leighton Buzzard)  
**or**
  - OS Explorer maps (orange coloured) sheets 181 (Chiltern Hills North) and 172 (Chiltern Hills East)  
**or**
  - Printed versions of the above **provided they are in their own waterproof covering.**
- Map case 2 per team

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- Compass 2 per team
- Route details and copy of rules
- Mobile phones: At least 2 per team
  - Numbers registered with start desk
  - Must be charged with credit
  - If possible different networks.

*All the items above must be suitable and the organiser's decision will be final regarding the acceptability of any team. Spot checks may be carried out during the competition and any team without proper equipment will be disqualified.*