

MINIMUM PERSONAL COMPULSORY KIT CHECK LIST

When checking kit please ensure that all items fully conform to the letter of the rule or recommendation, as this will help ease any problems at scrutineering. It is essential that all team members fully understand the requirements laid down by the organisers, particularly the clothing descriptions. If you are checking equipment you should also be aware of the requirements of the FTT6, which this is based on. You should also be aware of the requirements of the Risk Assessments.

Make a careful note of all missing or unsuitable items and carefully check this on subsequent weekends.

Emphasise the cost of equipment, the need to look after it, keep it in good condition and treat it with respect, particularly any equipment that is on loan. Check that items are not still wet from the last walk.

Item	Recommendations	Comments
Torch	Must be a minimum of 3.5cm diameter or have 2 LEDs <i>It is usually better if all team members' carry one each. They should also carry spare batteries and bulbs.</i>	
First Aid Kit	Own Personal The kit should include plasters and antiseptic cream for blisters. The First Aid Kit should be packed in a waterproof bag. <i>Painkillers, We are not allowed to prescribe Aspirin and the like. Discuss this with your parents</i>	
Rucksack	Must have a separate waterproof lining, no larger than 65 litres and a maximum loading of 35 lbs.	
Waterproofs	Jacket and Trousers. The Jacket must have an attached hood and both garments must have taped seams and be of robust construction. <i>Pacamac's not acceptable</i>	
Warm Headgear	Which must cover the ears and top of the head.	
Footwear	Must offer ankle support and have a vibram-type sole.	
Gloves	1 pair.	
Sleeping Bag	This must be packed in a waterproof bag, e.g. heavy duty plastic bag. <i>Comfort level to Zero now required</i>	
Water Bottle	This must be of stout construction with a good stopper or a propriety water carrying system. <i>Plastic lemonade bottles are not acceptable.</i>	
Whistle		
Camping Mat		
Water Sterilisation Tablets	Must be in date and a 48-hour supply carried.	
Survival Bag	Must be full body length and manufactured from heavy duty plastic and be maintained in as new condition. Aluminium Space Blankets are not acceptable.	

Reserve Food	<p>Must be for emergency use only and in a sealed bag or light weight container, with a list of contents on the outside to ease scrutineering. It should contain:</p> <ul style="list-style-type: none"> • 2 x hot drinks • 1 x main meal • 2 x chocolate bars • Boiled sweets • Water Sterilisation Tablets 	
<p><i>Two sets of each item of clothing is stated below, so that one set can be worn and one set is carried as a complete change of clothing. Both sets of clothing are to be of a similar standard. The spare set must be wrapped in a waterproof bag, e.g. heavy-duty bag/bin liner, with a list of contents visible to ease scrutineering.</i></p>		
Socks	At least two Pair and spares. <i>Nylon socks must not be used.</i>	
Base Layer	Two sets required. Wicking type preferred, cotton T-shirt is acceptable for base layer but not preferred.	
Shirt	Two required. Must have long sleeves and be of substantial material. Thick rugby shirt or sweatshirt are the acceptable minimum.	
Trousers	Two pair required. Must be robust and windproof. The typical acceptable standard are Army style lightweight green trousers. <i>Jeans are not acceptable</i> Tracksters are not acceptable . Shorts may be taken as an extra item and not in place of a set of trousers.	
Jersey Or Fleece Jacket	Two required, can be one of each type. Two lighter jersey's (e.g. sweatshirt) can be substituted in lieu of one "jersey" or "fleece Jacket".	

You will also need to bring with you for the first three weekends, casual clothing, washing kit, knife fork spoon plate mug.