

BY SIGNING THE MASTER REGISTER

- I confirm that I have all the mandatory kit required and will carry it on the event.
- I agree to abide by the Rules of the Event.

Kit listed below is required. Every participant should carry every item of kit; sharing is not permitted.

- Route Description
- Maps (paper or electronic covering the whole route).
- A full set of waterproofs.
- Long Sleeved Base Layer/Fleece.
- Trousers to be carried if shorts are worn.
- Compass and whistle.
- A working torch with spare batteries and bulb if not an LED device.
- Survival bag or space bag (not a space blanket).
- First Aid kit, which at a minimum must include plasters, adhesive dressing, antiseptic wipes, fixation tape and low adherent dressing.
- A cup or mug (none will be provided on route)
- Emergency food and drink.
- Suitable footwear in good condition to be worn.
- Reflective clothing or reflective markers on rucksacks/backpacks. These must be visible when walking at night.
- Money/Debit/Credit card or mobile phone for emergency use

Maps Required: (Waterproof or in a Map Case)

- OS 1:25,000 Explorer 300 and OL26 and OL27 **OR**
- OS 1:50,000 Landranger 94 and 100 **OR**
- Bespoke map, 40 km x 40 km, centred on (480000, 489000) which is about 4.5 km south of Stape (CP 13) **OR**
- Computer-generated versions of these maps printed in colour at a scale of not less than 1:50,000 and covering at least 1 mile either side of the route will be acceptable **OR**
- Maps in electronic format will also be allowed provided durability & adequate power supply can be demonstrated if requested by a marshal.