

# 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.**

## **ESSENTIAL INDIVIDUAL EQUIPMENT TO BE CARRIED**

- Walking boots with ankle support (no trainers or walking shoes)
  - Food of a substantial nature
  - Hi-Vis reflective waistcoat – preferably with sleeves (you must be visible from the front and back at all times)
  - 1 Reflective square to be attached to the back of rucksack (this will be issued at start)
  - Survival Bag (heavy gauge polythene)
  - Waterproofs (top and bottom)
  - Whistle
  - Water Container
  - Torch with spare batteries
- (Please note, uniform is not required for this event)

## **ESSENTIAL TEAM EQUIPMENT (To be carried throughout the exercise)**

- 1 x Map Case
- 2 x Silva type compasses
- 2 x Note Pads
- 2 x Pencils
- 1 x First Aid Kit, this must include a triangular bandage, a crepe bandage (at least 7.5cm x 2m), a sterile wound dressing and plasters.
- Stove, matches and fuel (enough for the event and to be able to boil water for a hot drink/food when you finish)
- One billy

The organisers have the right to check this equipment at any time during the exercise.

## **ADDITIONAL TEAM EQUIPMENT (Strongly Recommended)**

- Small knife (the blade must fold and not be longer than 3 inches)
- Toilet paper
- Spare clothing
- Mobile phone(s) - these will be sealed a separate packages at the start of the event and are only to be used in the case of an emergency). 1 phone for a team of 3 and 2 phones for a team of 4.
- Coins for emergency telephone calls - at least £1 in change (Minimum fee is now 60p!)
- Small flashing red LED light for attaching to rear of rucksack when walking along roads

## **ESSENTIAL 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

## **THE FOLLOWING ARE NOT PERMITTED DURING THE EXERCISE AND IF FOUND COULD LEAD TO DISQUALIFICATION**

- Denim style clothing
- A GPS or any other electronic device that could be used to identify a team's location (except Survival ones, provided at the start)
- Shoes, training shoes, walking shoes or Wellington boots
- Alcohol, Pro-Plus and other Caffeine based products and energy drinks
- Tents
- Sleeping bags (these can be taken but must be left at the start)