TOUR DE TRIGS KIT LIST

TEAM NUMBER: .....

Please bring this kit list with you to kit check. You will not be allowed to start if any of the items below are missing.

EACH TEAM *MUST* CARRY:

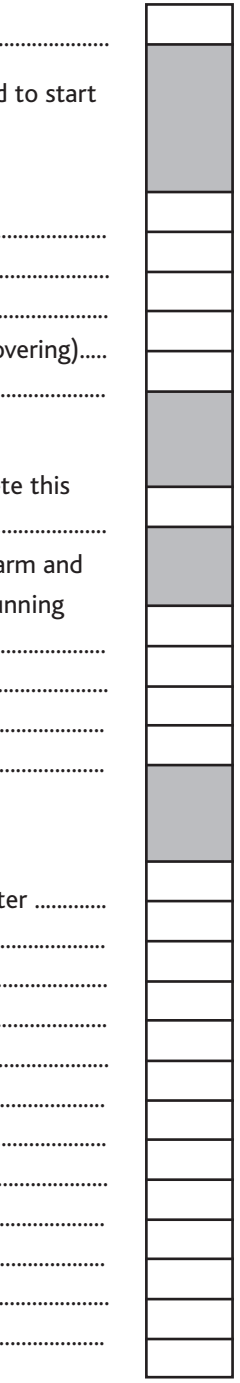
1 x adult sleeping bag .....
1 x survival bag .....
1 x Compass (Silva type) .....
1 x 1:50000 Ordnance Survey sheet 151 (+ Waterproof Map Case/Covering).....
1 x Watch .....

EACH TEAM MEMBER *MUST* WEAR:

Strong walking boots with cleated sole and ankle support. To complete this hike we strongly recommend leather boots .....
Long Trousers or breeches of close woven material which must be warm and windproof (Please note: This excludes jeans, tracksuit bottoms and running tights/ tracksters) .....
Warm shirt/jersey .....
Walking socks .....
Reflective armbands **TO BE VISIBLE AT *ALL* TIMES** .....

EACH TEAM MEMBER *MUST* CARRY:

Torch of at least 40mm lens diameter with spare bulb, or...
LED Torch with a minimum of 4 diodes of at least 25mm lens diameter .....
Spare batteries for torch .....
Whistle .....
Simple first aid kit to include 10 cm x 4 m crepe bandage .....
Blister plasters & Safety pins .....
Warm hat and gloves .....
Fully waterproof jacket .....
Fully waterproof leggings .....
Spare sweater or fleece jacket .....
Spare socks .....
Unbreakable mug .....
Food .....



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