

Endurance80 | 60 | 40 – Kit list

Please note all kit will be checked at the start before you begin to walk.

Individual equipment

- Rucksack
- Reflective High Visibility Jacket and / or reflective tapes.
 - THESE MUST BE WORN **AT ALL TIMES** AND VISIBLE **FRONT AND BACK** AT ALL TIMES. Rucksacks must have reflective material or lights.
- Boots or shoes designed for walking and suitable for the expected conditions.
- 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 (to be handed in at registration)**

Team equipment

MUST be redistributed amongst remaining team members if a walker retires

- Survival bag: 2 per team
- Whistle: 2 per team
- Maps: 2 per team
 - OS Landranger map (pink coloured) sheet 165 (Aylesbury and Leighton Buzzard)
or
 - Explorer sheets 181 (Chiltern Hills North), 171 (Chiltern Hills West) and 172 (Chiltern Hills East - for a very small part of the route)
or
 - Printed versions of the above **provided they are in their own waterproof covering.**
- Map case 2 per team
- Compass 2 per team
- Route details and copy of rules
- Mobile phones: At least 2 per team

Continued over... /

.../ continued

- 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.

End of Endurance 80 | 60 | 40 kit list.