

Chiltern 20 Challenge 2018 KIT CHECK LIST

Every Walker must have the following kit

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|--------------------------|---|
| <input type="checkbox"/> | Suitable clothing for weather conditions (no denim clothing) |
| <input type="checkbox"/> | Waterproof jacket with hood and waterproof over-trousers |
| <input type="checkbox"/> | Jumper or fleece |
| <input type="checkbox"/> | Walking boots or robust shoes with a gripped sole (no trainers) |
| <input type="checkbox"/> | Hi-vis jacket (with or without sleeves) |
| <input type="checkbox"/> | Head torch - preferably with a red colour option |
| <input type="checkbox"/> | Day sack |
| <input type="checkbox"/> | Gloves |
| <input type="checkbox"/> | Hat |
| <input type="checkbox"/> | Lunch |
| <input type="checkbox"/> | Water in a suitable container |
| <input type="checkbox"/> | Emergency rations |
| <input type="checkbox"/> | Mug |
| <input type="checkbox"/> | Change of footwear to use at the finish |

Every Team must have the following kit

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|--------------------------|---|
| <input type="checkbox"/> | Two OS Maps of the area. Explorer (1:25000) Map 181 - Chiltern Hills North. Maps must be waterproof or in a map case. The AA 1:25000 scale map of the Chiltern Hills may be used as an alternative |
| <input type="checkbox"/> | |
| <input type="checkbox"/> | Two Compasses (Silva or similar) |
| <input type="checkbox"/> | |
| <input type="checkbox"/> | Two Mobile Phones which must be fully charged at the start of the event and must be switched on throughout the event. The mobile phone numbers must be given to the member of staff at checking in. |
| <input type="checkbox"/> | |
| <input type="checkbox"/> | A Watch |
| <input type="checkbox"/> | Compact First Aid Kit |