



**OFFICIAL KIT LIST 3 PEAKS MOUNTAIN CHALLENGE Revised Nov 2009**

INDIVIDUAL MEMBERS KIT		
MUST HAVE	Strongly Recommended	Remarks
<b>*Failure to comply will incur penalties</b>		
<p>Suitable footwear With good / adequate grip and support</p> <p>Waterproof &amp; Windproof Jacket and Trousers</p> <p>Woollen, or similar warm Hat, Gloves or mitts. If wearing shorts, you must also carry trousers</p> <p>Whistle (1 each)</p> <p>Working Torch Min 4cm} lens, or Petzel type head torch</p> <p>Water 1 Litre min at each base</p> <p><b>FOOD/ SNACKS *NO ALCOHOL</b></p> <p>Survival Bag (each), <b>*if you</b> have a Group shelter be aware the group can split.</p> <p>Individual Health Form (issued)</p>	<p>Boots, or specialised mountain footwear with ankle support. *(Practice and break-in new footwear)</p> <p>Rucksack or large Bum bag, complete with waterproof liner, or black bin bag</p> <p>Spare Warm clothing, Fleece, T-shirt, sweatshirt, socks.</p> <p>Watch (for team timekeeping)</p> <p>Head Torch, spare batteries &amp; Bulb</p> <p>Increase amount if conditions Hot, allow body to warm down before gulping on return to base. Spare food (a little &amp; often)</p> <p>Or just two within group if you also have recommended shelter</p> <p>*Small first aid kit, with own medication needs (to hand) Suitably waterproofed</p>	<p>Carrying an alternative, would afford a choice for changing conditions, or onset of problems</p> <p>{A fewer number of rucksacks may be carried/shared amongst group, or given to fitter members</p> <p><b>NB. No Jeans</b>, or heavy tracksuits that keep legs cold &amp; restrict climbing movement.</p> <p>{Can be dispensed with {after daybreak on Scafell {&amp; Mt Snowdon.</p> <p>Water containers carried with tube from sack keep hands free</p> <p>Practice, prior with own selected preferences for exped agreeability</p> <p>{Space blankets are not an acceptable alternative.</p> <p>{Each person to carry for possible Helicopter evacuation, visit to A&amp;E</p>
<p><b>TEAM KIT *(Teams of six must also carry second map/compass/first aid kit/sleeping bag)</b> Larger teams also need to consider the distribution of kit should an accompanied individual, returns to base.</p>		
<p>Race Number (issued) *Carried by team leader &amp;</p> <p>Map (1:25,000) specific to Mtn Map (1:10,000) Summit area Route Card (specific as issued) Compass</p> <p>First Aid Kit (for group use) Sleeping bag (or Down Jacket) RV Points, road route specific Diversion route *Lakes as issued</p>	<p>In clear Map case or similar kept displayed forward</p> <p>Second Map &amp; Compass in the group (summit map issued)</p> <p>Large wound dressings &amp; sensible provision for size and needs of team. For Casualty treatment *Drivers must have to hand (On your vehicles at all times)</p>	<p>. This helps with check-points, timings &amp; safety</p> <p>* The more involved in good navigation the less the delays</p> <p>Study symptoms &amp; treatment of common mountain conditions including cold, wet, heat etc. + Prevention is better than cure, so look after your feet, warm up &amp; down &amp; stretch prior and after</p>

The use of a mobile phone to call 999 Mountain Rescue etc **direct** is an indication of a serious occurrence and will result in the technical disqualification of a team. Any significant injuries and action taken must be reported to Event Staff ASAP.