



2022 Handbook Appendix






















COMPULSORY EQUIPMENT LIST - Rule 2

Listed below are the items of equipment that must be worn or carried during the event. In addition, each team will be issued with a GPS Tracker device and a Chemi light at the start. These items are for your safety and the list is not negotiable. You may carry additional kit for your own comfort if you wish.









Teams will not be allowed to start the event unless all items can be produced at the equipment inspection at the start. Spot checks may also be carried out by the Safety Team en-route; if any items are found missing the team could be disqualified. Suitability of equipment will be entirely at the discretion of the Safety Teams. If in doubt, bring alternatives.






Clothing – must be worn or carried

ITEM	DESCRIPTION	GUIDANCE	PASS EXAMPLE	FAIL EXAMPLE
a) Thermal base layer - Top	Wicking base layer, synthetic or Merino wool (not cotton). Short or long sleeved	This is a thin layer, worn next to the skin: Its purpose is to draw water away from the body and push it out to the next layer of clothing		
b) Warm mid layer- Top	Mid layer – long sleeved, synthetic or micro fleece (not cotton)	Its purpose is to keep you warm and move moisture out from the base layer		
c) Warm Outer – Top	Outer layer, long sleeved, micro fleece or synthetic/down	Its purpose is to keep you warm and move moisture out from the mid layer		
d) Waterproof outer layer – Top	Waterproof jacket with hood (with taped seams). Not just wind/shower proof	Protects you from the elements, i.e. it keeps out the wind, rain, hail, and snow. Ideally it should be breathable – allowing moisture to escape		








ITEM	DESCRIPTION	GUIDANCE	PASS EXAMPLE	FAIL EXAMPLE
e) Thermal base layer – underwear (short or long legged)	Wicking base layer, synthetic or Merino wool (not cotton)	This is a thin layer, worn next to the skin. Its purpose is to draw water away from the body and push it out to the next layer of clothing		
f) Long trousers	Made of warm quick drying material – not jeans or jogging bottoms	Must reach below the knees		
g) Shorts	Made of quick drying material. NOTE: Shorts will only be allowed if weather conditions are considered suitable.	The decision if shorts are allowed will be made on the day by Start Committee. NOTE: Long trousers must be carried if shorts worn		
h) Waterproof outer layer – Trousers	Waterproof over trousers with taped seams	Protects you from the elements, i.e. it keeps out the wind, rain, hail, and snow. Ideally it should be breathable – allowing moisture to escape		
i) Hat or balaclava	Must cover the ears	To keep the head warm. Can be made from various fabrics. Buffs are NOT acceptable as a hat.		
j) Mitts or gloves	Must completely cover the hands (not fingerless type).	To keep the hands warm. Can be made from various materials, preferably waterproof.		
k) Footwear	Boots specifically designed for hill walking or fell/trail running shoes. Road running or training shoes etc. will not be accepted.	Make sure that footwear & socks are a good fit and have a good tread that give you good grip on slippery surfaces.		

Personal equipment – carried by each competitor

ITEM	DESCRIPTION	GUIDANCE	PASS EXAMPLE	FAIL EXAMPLE
a) Rucksack	Must have sufficient capacity to carrying all the compulsory equipment as well as any additional items you wish to carry during the event.	Rucksack designed for walking (computer rucksacks are not suitable). Must have a separate waterproof lining		
b) Drink for consumption en route	Can be hot or cold in a suitable container that can be replenished, as necessary.	The container must have at least 1/2 litre capacity. It can be a bladder, bottle, thermos flask or any combination.		
c) Emergency food	Glucose, nuts (if you can), raisins, sweets, or chocolate. Suitable for 12 hours survival.	In sealed waterproof container or polythene bag		
d) Map of the route	O.S. Explorer OL1 Scale 1: 25,000 Waterproof or in waterproof case	Must be the complete map. Strip maps or photocopied/printed map sections alone are not acceptable. Must be waterproof or in a waterproof case.		
e) Whistle	Loud enough to be heard over a good distance.	For signalling help, can be the one on your backpack if present.		
f) Compass	A 'Silva' type compass with baseplate and knowledge of how to use it in conjunction with the map.	Micro compasses or compasses on key rings, phones and watches are NOT allowed. A GPS may be used, but a compass MUST also be carried.		

ITEM	DESCRIPTION	GUIDANCE	PASS EXAMPLE	FAIL EXAMPLE
g) Torch	Preferably a head torch, bright enough for night-time walking – Minimum 100 Lumens	With spare batteries or second back up torch. Must last for 8 hours		Phone torch or wind up torch not allowed
h) Survival/bivvy bag	Must have been manufactured for this purpose and be waterproof and able to stand gale force winds. Must be at least 750mm x 1800mm	Minimum accepted is a SOL dual layer bag with a reflective material inside or a Lifesystems survival bag, made from heavy-duty polyethylene. Single use thin polythene bags or aluminium foil bags and blankets are not acceptable		
i) Mug	For drinks at checkpoints	If you are carrying a thermos flask for your drink en-route (3b), the cup with the thermos is acceptable		
j) Pencil and paper		For making notes in case of emergency. Must be in a waterproof bag		

Team equipment

ITEM	DESCRIPTION	GUIDANCE	PASS EXAMPLE	FAIL EXAMPLE
a) Sleeping bag	Full size adult sleeping bag. Minimum of 2 season rating.	Blizzard survival bags are acceptable		
b) Sleeping mat	Sleeping mat minimum 3/4 body length, shoulder width. Can be self-inflating, inflated, folder or rolled closed cell foam type	To be used under the sleeping bag to provide insulation from the ground in case of an emergency		
c) Emergency shelter	"Bothy" type shelter large enough to accommodate all the team	Must be waterproof and designed to withstand gale force winds. Open ended tube tents made from foil or polythene are not acceptable		
d) Map of the southern section of the route (EXTREME ONLY)	O.S. Explorer OL 24 Scale 1: 25,000	Must be the complete map. Strip maps or photocopied/printed map sections alone are not acceptable. Must be waterproof or in a waterproof case		
e) First Aid kit	As a minimum must contain: <ul style="list-style-type: none"> • 2 large triangular bandages • 1 crepe bandage • 1 medium sterile dressing • adhesive tape • assorted plasters • protective gloves 	Contained in a waterproof container or bag		
f) Mobile phone with 'WHAT3WORDS' programmed in.	For emergency use only. Switched on and fully charged with sufficient credit. In a waterproof bag	Central control number 01298 813757 and back up number 07812 333812 must be programmed in		
g) Watch	Wristwatch type	Not just on your phone.		