

DATE OF EVENT SATURDAY 17<sup>TH</sup> MARCH 2012

We will be camping at Beaudesert Camp from Fri 16<sup>th</sup> to Sunday 18<sup>th</sup> March 2010

Arrive camp from 5.00pm (17.00hrs) – leave camp 11.30am (11.30hrs)

KIT LIST FOR THE 'CHASE WALK':

Personal equipment to be worn or carried in a rucksack by **each** competitor:

X2 long sleeved tops  
Warm hat  
Socks  
Long trousers or breeches (no Denim)  
Warm gloves or mittens  
Good quality wind and waterproof coat  
Waterproof over trousers  
Food for consumption en route (supplied by unit)  
Pencil and paper  
Whistle  
Compass  
Torch – with spare bulb and batteries or x2 torches  
Watch  
Polythene exposure bag minimum 6' by 2'6" and 500 gauge  
Mug  
2 Coins suitable for telephone 20p  
A reflective vest which must be worn whilst walking during the hours of darkness  
(Visi Vest)  
Completed route plan (supplied by unit)  
Emergency card (supplied by unit)

In addition each team must carry:

A first Aid kit - which should contain as a minimum a good supply of plasters and x2 large  
triangular bandages (supplied by Unit)  
Emergency high energy food pack (supplied by unit)  
Thermos flask with hot drink  
Sleeping bag – suitable for keeping a casualty warm  
2 sets of O.S 25:000 maps of the route (supplied by unit)

**All equipment will be inspected 30 mins prior to your teams start time by the 'Chase Walk'  
marshal's. If any item of the minimum required kit (as above) is missing they will not allow that  
team member to start the walk, which could jeopardise the whole teams ability to start the walk.**

CLIFF

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