

Every Walker MUST Wear



Walking Boots or Robust Shoes with a gripping sole

Warm Clothing and a Hi Vis Jacket



Every Walker MUST Wear or Carry



A Waterproof which includes a hood, and Waterproof Over Trousers



A Fleece or Warm Jumper



A Head Torch to be switched on and worn when it gets dark



A Day Sack containing Hat, Gloves, Lunch, Drink and Emergency Food.

A mug for drinks at checkpoints

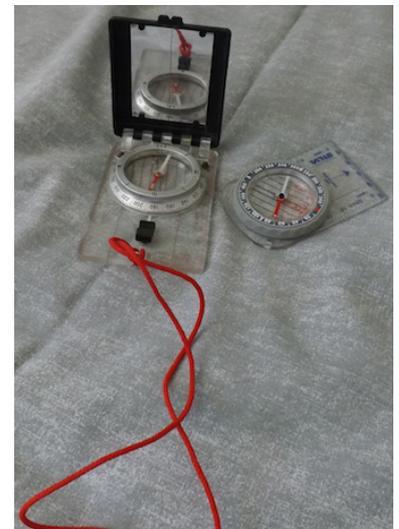


The Team MUST Carry

TWO copies of the Map



At least TWO Mobile Phones and a Watch



TWO Compasses



A small basic First Aid Kit