



Chiltern 20 Kit Checklist

2025



Personal Kit checklist:

- Walking boots or robust shoes with a gripped sole (no trainers)
- Suitable clothing for weather conditions (no denim clothing)
- Waterproof jacket with hood and waterproof over-trousers
- Jumper or fleece
- Walking boots or robust shoes with a gripped sole (no trainers)
- Reflective Hi-vis jacket (with or without sleeves)
- Head torch
- Day sack
- Gloves
- Hat
- Lunch
- Water in a suitable container
- Emergency rations
- Mug

Team Kit checklist:

- Two OS maps of the area OS Explorer Map 181 - Chiltern Hills North.
- Two compasses (Silva or similar)
- Compact basic First Aid Kit
- Watch
- At least two mobile phones which must be fully charged at the start of the event and must be switched on throughout the event so that the event organisers can contact teams at any time.
- "What Three Words" and "OS Locate" apps upload on the two mobile phones
- One torch which has a red coloured light. This is for the back marker to wear.