



Chiltern 20 Kit Checklist



Personal Kit checklist:

All participants must wear walking boots or robust shoes with a gripped sole (no trainers). Participants will not be permitted to walk if they are not wearing walking boots or shoes with gripped soles.

All participants must wear suitable clothing for the conditions (no denims). A sunny start to the event does not guarantee that it won't be wet and cold later in the day, so be prepared.

In addition to what you are wearing to start off the event, each participant must wear or carry:

- ☐ Walking boots or walking/approach/trail shoes which must have gripped soles (no trainers). Suitability of footwear will be entirely at the discretion of the Kit Check team.
- ☐ Waterproof jacket with hood
- ☐ Waterproof over-trousers
- ☐ For the upper body – at least 2 layers [base layer and Jumper or fleece].
- ☐ For the lower body – Long trousers or shorts (no denim)
- ☐ Reflective Hi-vis jacket (with or without sleeves)
- ☐ Head torch
- ☐ Identification wristband (issued to each participant when teams check in)
- ☐ Tracker wristband (issued at the start of the event and collected at the finish)
- ☐ Gloves
- ☐ Hat
- ☐ Lunch
- ☐ Water in a suitable container
- ☐ Emergency rations
- ☐ Any personal medication you need
- ☐ Mug (optional – for drinks on route and at the finish). There are no cups provided at the checkpoints or finish.

All participants must make sure that they have sufficient provisions to sustain them for a whole day's walking.

Team Kit checklist:

- ☐ Two OS maps of the area OS Explorer Map 181 – Chiltern Hills North
- ☐ Two OS maps of the area 172 -Chiltern Hills East (Maps must either be waterproof or in a map case).
- ☐ 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" app upload on the two mobile phones.
- ☐ One torch which has a red coloured light. This is for the back marker to wear.