

Required Equipment Kit Checklist

The following items must be carried on all mountains by each team.

Each team will be checked for all these items during registration. Subsequent checks will be made before each mountain stage of the event.

Team Equipment

- First Aid Kit (consider special needs of team members i.e. asthmatic etc.)
- Compass
- Maps (Snowdon, Cadair Idris, Pen Y Fan)

You will need the following three mountain maps for the event:

Snowdon: Ordnance Survey Explorer OL No 17 (1 to 25,000) "Snowdon and Conwy Valley"

Cadair Idris: Ordnance Survey Explorer OL No 23 (1 to 25,000) "Cadair Idris and Bala Lake"

Pen y Fan: Ordnance Survey Explorer OL No 12 (1 to 25,000) "Brecon Beacons National Park – Western and Central areas"

- Note pad and pencil
- Mobile phone
- Bothie (issued at registration)
- Mountain Passport (issued at registration)

Suggested Additional (non-essential) Requirements:

- Sunscreen
- Insect repellent (with deet)
- Blister plasters

Individual Equipment

- Rucksack (approx. 30-40 litres)
- Waterproof liner
- Appropriate footwear
- Survival bag – A survival bag is a person sizes waterproof bag, typically orange in colour, designed to avert the threat of hypothermia from exposure. It's reasonably light, made from strong, waterproof and tear-proof plastic and provides some amount of thermal insulation. These can be purchased at most outdoor stores and online for less than £5.
- Set of waterproofs (jacket and trousers)
- Hat and gloves
- Whistle
- Emergency rations (chocolate, dried fruit, nuts, cereal bars etc.)
- Torch
- Money (in case of emergency)
- Drink – The amount of fluid required per person will change depending on the weather conditions. A hot day on Cadair Idris will require at least 2-3 litres of fluid.
- Team number tag (issued at registration)

- When packing your rucksack, make sure that the items that you will need to get out in a hurry, such as waterproofs, hat, gloves etc. are readily accessible, while items such as lunch are packed nearer the bottom of the rucksack. Also, ensure that heavier items, such as a flask, are kept to the back of the rucksack (nearer to your back) so that the centre of gravity is closer to your body to avoid injury.

Appropriate Footwear

You will not be allowed to take part in the event without appropriate footwear. Footwear will be checked during the full Kit Check at registration in Snowdon.

The event safety team consider the following footwear to be most appropriate for this event.

- **Recommended** - Walking boots

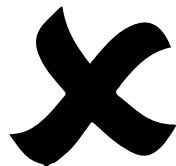


- **Acceptable** - Fell running shoes, or approach shoes will be accepted if they have a strong and sturdy sole which has very little flex, similar to a walking boot sole



The following footwear is unsuitable and will not be accepted at Kit Check:

- **Unacceptable** - Trainers are not suitable footwear to take part in this challenge. Much of the terrain covered will be uneven and unsuitable footwear may lead to unnecessary accidents and injuries.



Any participants planning on wearing trainers or unsuitable footwear will not be allowed to pass through the Kit Check in Snowdon and thus will be unable to take part in the event.