



Trail 100 Challenge 2009

Kit List

Each Individual

- Sturdy hill-walking boots and gaiters, with spare boot laces
- Good walking socks
- Waterproof jacket and trousers
- Gloves and hat
- Spare warm clothes (remember, layers = warmth)
- Rucksack
- Bivvy bag
- Emergency whistle
- Head torch, spare batteries and bulb
- Food and drink (and emergency reserves) – water and chocolate
- Personal first aid kit

Team

- Compass (minimum 2 per team)
- Map (minimum 2 per team)
- Mobile phone (minimum 2 per team)

Optional (Good practice)

- Flask for hot drinks
- Set of walking poles
- Sun cream
- Midge repellent
- Compeed for blisters