

THE CLEVELAND HIKE

KIT LIST

Two Day Event Kit List

<u>Item</u>	<u>Details</u>	<u>Check</u>
Team	Minimum	
	MAP (check carefully as may not be the same as previous year) 1-25,000 OS Explorer Leisure sheets OL26 & OL27 North York Moors, West / East sheets. (Minimum of 1x26 2x27 per team)	
	Compass, with dial and base plate – TWO per team	
	Watch. – TWO per team	
	ONE Mobile phone fully charged for emergency use only	
	Survival bag, 500-gauge polythene – per person	
	First aid kit: Antiseptic cleaning tissues – Scissors – Assorted bandages – Safety pins Various dressings – Tape (micropore) – Paracetamol – Adhesive dressings (recommend plenty of blister plasters)	
	Stove, cooking equipment and food for the duration of the Hike. Food enough for the team, food needs to be both sustaining and energy providing for this tough event	
	Tent suitable for harsh weather conditions and have a sewn in groundsheet (<i>N.B Mixed teams must bring two tents with them to ensure segregated sleeping arrangements at the overnight camp. One must be carried by the team during the Hike and the second one will be transported by the committee to the overnight camp and the finish. This second tent must be clearly identified with your team name on it.</i>)	
Per Person	Essential	
	Walking boots/Fell shoes with suitable tread for variable terrain. <i>Any variations from this type of footwear may not be acceptable by kit inspection Team who will inspect and decide on the suitability of footwear during the kit check.</i>	
	Rucksack	
	Sleeping bag	
	Pen/pencil and paper	
	Whistle	
	Torch and spare batteries (powerful enough for rescue purposes and navigation in the dark)	
	Warm clothing including walking trousers, hat & gloves, and a spare arm's length jumper or top <i>Team members may walk in shorts, but they must carry trousers. Jeans are <u>NOT ALLOWED</u></i>	
	Waterproof set; waterproof jacket/cagoule and over trousers	
	Water - A minimum 500ml re-useable container. Container must be filled with minimum 500ml water for the mandatory kit check at the start of the hike	
	Emergency rations / food <i>These are for EMERGENCY use only and are not to be treated as part of the team's normal food provisions. They may be inspected at the Hike finish.</i>	

You are strongly advised to keep the weight and size of your packed rucksack to a minimum without skimping on any of the detailed required equipment above.



One Day Event Kit List

The one day hike has a reduced kit list.

Item	Details	Check
Team	Minimum	
	MAP 1-25,000 Outdoor Leisure Map / Explorer sheets 26 & 27 North York Moors East / West sheets. (Minimum of 1x26 2x27 per team)	
	Compass, with dial and base plate – TWO per team	
	Watch. – TWO per team	
	ONE Mobile phone fully charged for emergency use only	
	Survival bag, 500-gauge polythene – per person	
	First aid kit: Antiseptic cleaning tissues – Scissors – Assorted bandages – Safety pins Various dressings – Tape (micropore) – Paracetamol – Adhesive dressings (recommend plenty of blister plasters)	
	Food enough for the team for duration of the Hike. Food needs to be both sustaining and energy providing for this tough event	
	Sunday event only Tent that does not need to be carried on event, but you are responsible for removal.	
Per Person	Essential	
	Walking boots/Fell shoes with suitable tread for variable terrain. <i>Any variations from this type of footwear may not be acceptable by kit inspection Team who will inspect and decide on the suitability of footwear during the kit check.</i>	
	Rucksack	
	Pen/pencil and paper	
	Whistle	
	Torch and spare batteries (powerful enough for rescue purposes and navigation in the dark)	
	Warm clothing including walking trousers, hat & gloves, and a spare arm's length jumper or top. <i>Team members may walk in shorts but they must carry trousers. Jeans are <u>NOT ALLOWED</u></i>	
	Waterproof set; waterproof jacket/cagoule and over trousers	
	Water - A minimum 500ml re-useable container. Container must be filled with minimum 500ml water for the mandatory kit check at the start of the hike	
	Emergency rations / food <i>These are for EMERGENCY use only and are not to be treated as part of the team's normal food provisions. They may be inspected at the Hike finish.</i>	

You are strongly advised to keep the weight and size of your packed rucksack to a minimum without skimping on any of the detailed required equipment above.

